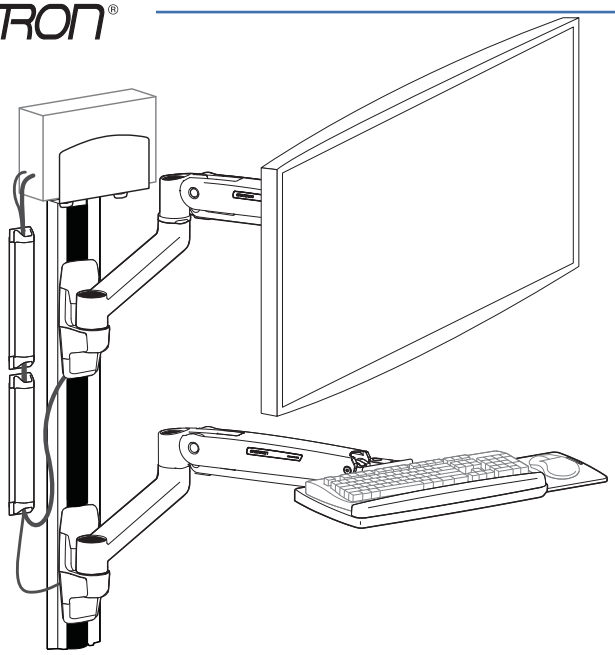
LX Sit-Stand Wall Mount System
with Medium CPU Holder



User's Guide
Guía del usuario
Manuel de l'utilisateur
Benutzerhandbuch
Gebruikersgids
Guida per l'utente
ユーザーガイド
用户指南
사용자 안내서

www.ergotron.com
USA **1-800-888-8458**
Europe **+31 (0)33-45 45 600**
China **86-769-86018920**

IMPORTANT! This product will need tension adjustments once installation is complete. Make sure all equipment is properly installed on the product before attempting range of motion or tension adjustments. Any time equipment is added or changed on this product resulting in a different mounted weight, you should repeat the adjustment steps to ensure safe and optimum operation. This product should move smoothly and easily through the full range of motion and stay where you set it. If movement is difficult or the product does not stay where you set it, follow the adjustment instructions to loosen or tighten the tension to create a smooth, easy motion. Depending on your product and the adjustment, it may take many turns to notice a difference.

IMPORTANTE Una vez instalado, este producto necesita ajustes de tensión. Antes de probar la amplitud del movimiento o realizar los ajustes de tensión, cerciórese de que todo el equipo está bien instalado en el producto. Cada vez que añada o cambie equipos en este producto y cambie el peso, deberá repetir los ajustes para garantizar un funcionamiento seguro y óptimo. Este producto debería moverse sin brusquedad y con facilidad dentro de la amplitud de movimiento permitida, y mantenerse donde usted lo fije. Si cuesta trabajo moverla, o si la unidad no se queda en la posición en que usted la deja, siga las instrucciones de ajuste para aflojar o apretar la tensión de forma que el movimiento sea uniforme y fácil. Dependiendo del producto y el ajuste, es posible que deba hacer varios intentos hasta poder observar la diferencia .

IMPORTANT ! La tension devra être ajustée une fois l'installation de ce produit terminée. Assurez-vous que tous les équipements sont correctement installés sur le produit avant d'ajuster la plage de mouvement ou la tension. À chaque fois que du matériel est ajouté ou modifié sur ce produit (ce qui entraîne un poids monté différent), vous devez répéter les étapes de réglage afin d'assurer un fonctionnement sûr et optimal. Ce produit doit pourvoir se déplacer aisément et sans problème sur toute la plage de mouvement définie et rester à la position que vous avez choisie. Si le déplacement s'avère difficile ou si le produit ne reste pas en position, suivez les instructions de réglage pour desserrer ou serrer la tension afin de favoriser un déplacement fluide et facile. Selon le produit et le réglage que vous utilisez, il faut parfois effectuer plusieurs tours de vis avant de remarquer une différence.

WICHTIG! Bei diesem Produkt muss nach der Montage die Spannung eingestellt werden. Vor der Anpassung von Bewegungsumfang oder Spannung sicherstellen, dass die gesamte Ausrüstung sachgemäß auf dem Produkt montiert wurde. Sobald Geräte zu diesem Produkt hinzugefügt oder geändert werden, wodurch sich ein anderes Gewicht ergeben kann, sollten die Anpassungsschritte wiederholt werden, um einen sicheren, optimalen Betrieb zu gewährleisten. Dieses Produkt sollte sich über den gesamten Verstellbereich gleichmäßig und leicht anpassen lassen und an der eingestellten Position verbleiben. Sollte es bei dieser Bewegung Schwierigkeiten geben oder das Produkt nicht am eingestellten Punkt fixiert bleiben, ist die Einstellanleitung zu befolgen und die Spannung entsprechend zu lockern bzw. anzuziehen, um eine geschmeidige, reibungslose Bewegung zu erhalten. Je nach Produkt und Einstellung muss dies mehrmals wiederholt werden, um einen Unterschied zu bemerken.

BELANGRIJK! Bij dit product is spanningsaanpassing nodig wanneer de installatie is voltooid. Zorg dat alle apparatuur juist aan het product is bevestigd voordat u bewegingsbereik- of spanningsaanpassingen maakt. Elke keer wanneer er apparatuur wordt gewijzigd of aangepast aan dit product wat tot een verschil in bevestigd gewicht leidt, moet u de aanpassingsstappen herhalen voor veilig en optimaal functioneren. Dit product moet soepel en gemakkelijk bewegen in het hele bewegingsbereik en de ingestelde positie moet gehandhaafd blijven. Als het bewegen moeilijk gaat of het product blijft niet in de ingestelde positie, volg dan de aanpassingsinstructies om de spanning te vergroten of verkleinen voor soepel, gemakkelijk bewegen. Al naargelang uw product en de gewenste aanpassing, kunnen er veel slagen nodig zijn om verschil te merken.

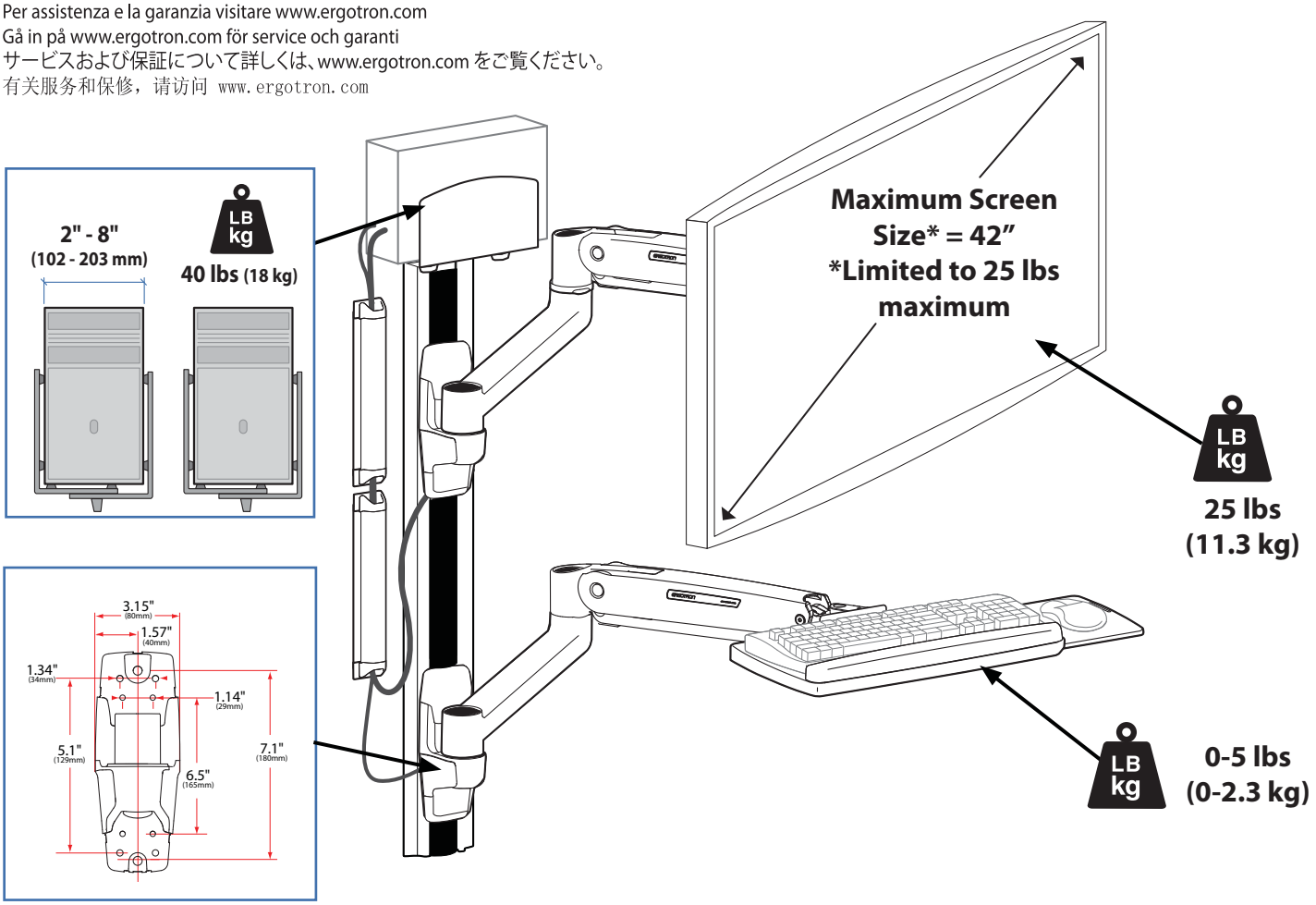
NOTA BENE. Questo prodotto richiede regolazioni della tensione una volta completata l'installazione. Accertarsi che tutta l'attrezzatura sia appropriatamente installata sul prodotto prima di cercare di regolare l'intervallo di movimento o la tensione. Ogni volta che si aggiunge un apparecchio a questo prodotto o lo si modifica, variando quindi il peso del carico fissato, ripetere questa procedura di regolazione per garantire il funzionamento ottimale e in sicurezza. Questo prodotto deve essere spostabile in modo regolare e agevolmente per la sua intera corsa e rimanere fermo quando se ne rilascia il dispositivo di regolazione. Se risulta difficile regolare la posizione o il prodotto non rimane nella posizione desiderata, seguire le istruzioni per ridurre o aumentare la tensione di bloccaggio affinché il movimento risulti agevole e facilmente regolabile. A seconda del prodotto e del tipo di regolazione, possono essere necessarie più corse prima di notare una differenza.

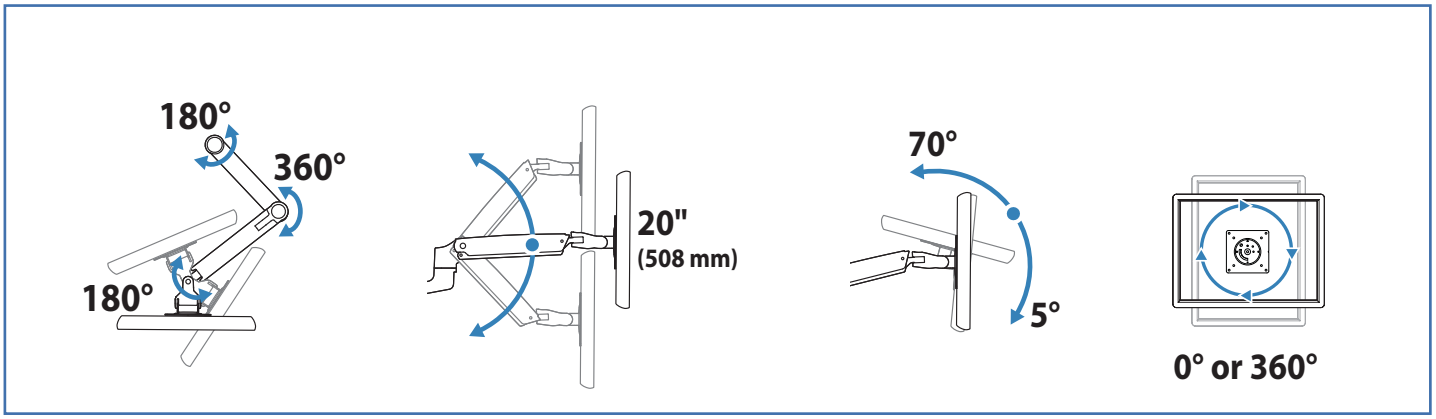
VIKTIGT! Den här produkten kräver spänningsjustering när installationen har slutförts. Kontrollera att all utrustning är korrekt installerad på produkten innan du justerar rörelse eller spänning. När utrustning läggs till eller ändras på den här produkten och detta medför en ändrad, monterad vikt, ska du alltid upprepa justeringsmomenten för att säkerställa säker och optimal drift. Den här produkten ska röra sig jämnt och enkelt inom hela rörelseområdet och stanna kvar där du placerat den. Om rörelserna är svåra att utföra eller om produkten inte stannar kvar där du placerat den ska du följa justeringsanvisningarna och minska eller öka spänningen för att skapa en jämn och lätt rörelse. Beroende på din produkt och justeringarna kan det ta flera varv innan du märker någon skillnad.

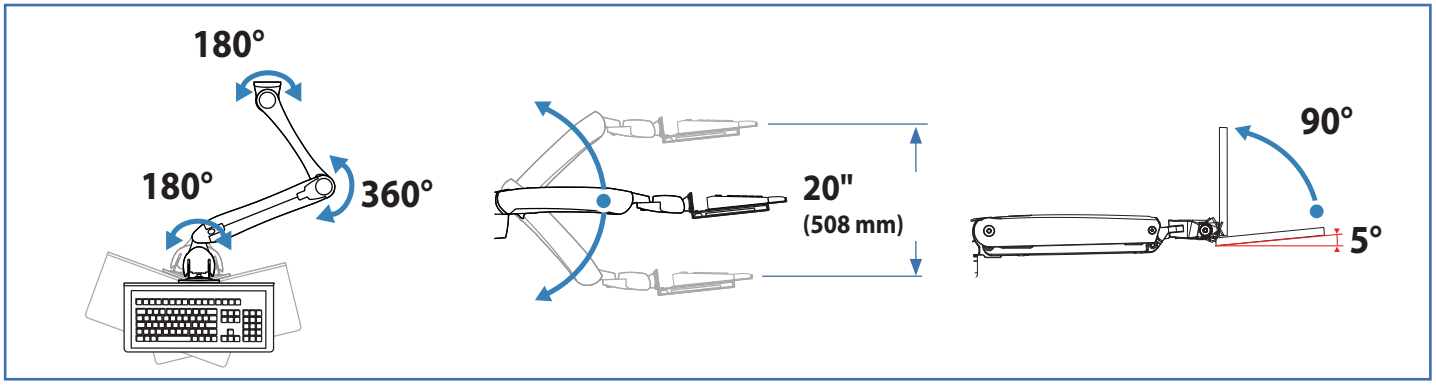
重要！この製品は取り付け完了後に張力の調節が必要です。製品を動かしたり張力調節をする前に、必ずすべての装置が製品に正しく付けられていることを確認してください。装置を追加したり変更し、搭載重量に変化がある場合は、安全性と最適動作を確認するために調整ステップを繰り返してください。この製品は可動域内でスムーズかつ簡単に動く必要があり、設定した位置にしっかり固定されなければなりません。うまく動かないかまたは製品が設定した位置に固定されない場合には、スムーズで簡単な動きができるよう張力を緩めるかまたは強くするために調整指示に従ってください。お使いの製品や調整によっては、違いがはっきりするまで何度も回さなければならないこともあります。

重要说明！本产品安装完成后需要调节张力。在尝试调节动作范围或张力之前，确保所有设备都正确安装在产品上。任何时候在本产品上添加或改变设备导致装置总重量改变时，您应该按照调整步骤重新调整，以确保操作安全，并处于最佳状态。产品应当能在整个动作范围内灵活自如。如果本产品很难移动，或者不能固定在您设定的地方，请按照调整说明松开或拧紧张力，使产品在整个动作范围内灵活自如。根据您所用产品及调节方式，可能需要旋转几圈后才能注意到差别。

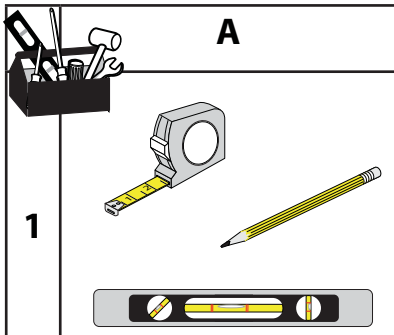
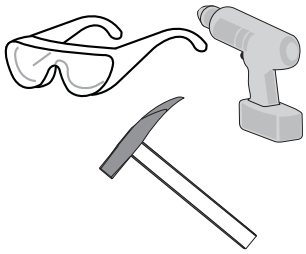
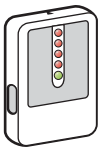
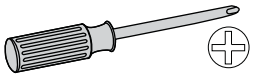
For service and warranty visit www.ergotron.com
Si desea información de servicio y garantía, visite www.ergotron.com
Pour toute question concernant la garantie ou le service client, consultez www.ergotron.com
Weitere Informationen zu Service und Gewährleistung erhalten Sie unter www.ergotron.com.
Ga voor service en garantie naar www.ergoton.com
Per assistenza e la garanzia visitare www.ergotron.com
Gå in på www.ergotron.com för service och garanti
サービスおよび保証について詳しくは、www.ergotron.com をご覧ください。
有关服务和保修，请访问 www.ergotron.com



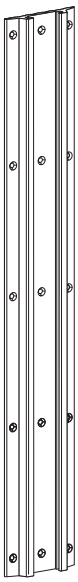
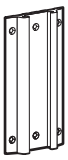
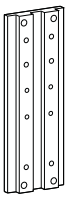
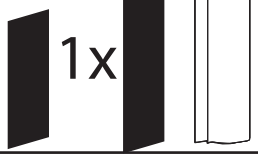
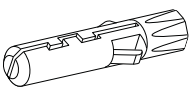
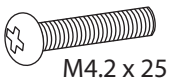
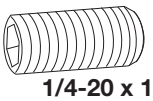
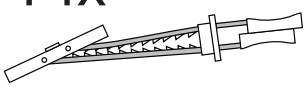
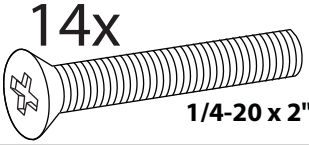
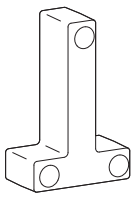
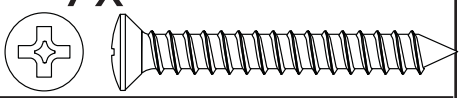
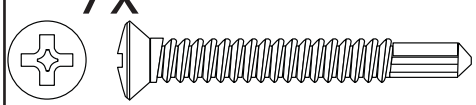
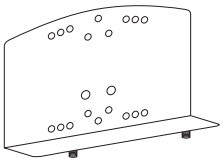
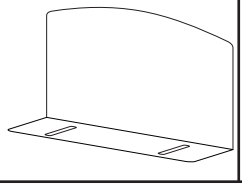
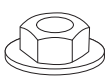
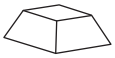
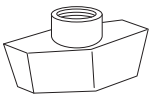
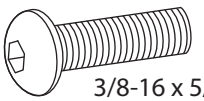




Required Tools (customer supplied)

	A	B	C	D
1			Concrete Wall Mounting Ø 3/8″ (10mm)	Wood Stud Mounting Ø 3/16" (5mm)
2	 Stud Finder Localizador de largueros de madera Stud Finder Auswahl von Montagematerial Positiebepaler balken Rilevatore di montanti スタッド ファインダー 螺栓探测器 스터드 파인더			 13 mm 7/16"

Wall Track and CPU Holder Components (provided)

	A	B	C	D
1	1x  1x  2x 	2x 2x 2x 1x 	4x  4x  M4.2 x 25mm	2x 1x 9x  1/4-20 x 1/2"
2		14x  14x  1/4-20 x 2"	1x 	7x  7x 
3	1x  1x 	2x 	12x  2x 	4x  3/8-16 x 5/8" 1x 7/32″

LCD and Keyboard Tray Arm Components (provided)

	A	B	C	D
1	2x 2x 2x	1x	1x 1x 1x	
2	4x	1x	1x 1x M3 x 6	
3	4x M4 x 10mm 4x M4 x 10mm	4x 4x 4x M6 M6 x 45mm	2x	4x
4	8x 10-24 x 1/2"	4x M4 x 8mm	1x 1x 4mm	4x M5 x 7mm 4x
5	5x Sterile Alcohol Prep	4x	1x 5mm	1x 1/8"
6	M8 M5 Kit 4x M8-M5 Reducer	4x M5x20mm	4x M4x12 4x M5x12 4x M6x12	

1 Determine mounting location:

*	4 x 3		16 x 9	
15"	**34.1" (866 mm)**	**50.1" (1273 mm)**	**34.9" (886 mm)**	**50.9" (1293 mm)**
16"	**33.8" (859 mm)**	**49.8" (1265 mm)**	**34.6" (879 mm)**	**50.6" (1285 mm)**
18.1"	**33.1" (841 mm)**	**49.1" (1247 mm)**	**34.1" (866 mm)**	**50.1" (1273 mm)**
20"	**32.6" (828 mm)**	**48.6" (1234 mm)**	**33.7" (856 mm)**	**49.7" (1262 mm)**
21"	**32.3" (820 mm)**	**48.3" (1227 mm)**	**33.4" (848mm)**	**49.4" (1255 mm)**
22"	**32" (813 mm)**	**48" (1219 mm)**	**33.2" (843 mm)**	**49.2" (1250 mm)**

These mounting heights assume your monitor mounting holes are located in the center, relative to the monitor screen. If your monitor's mounting holes are located off center (vertically), you can adjust your mounting height accordingly. **ie.** *(Back of Monitor)*

Estas alturas de montaje asumen que los huecos para montaje del monitor están situados en el centro de la pantalla. Si los huecos para montaje del monitor estuvieran desplazados del centro (verticalmente), deberá ajustar la altura de montaje como corresponda. **Por ejemplo** *(parte trasera del monitor)*

Ces recommandations de hauteur de fixation partent du principe que les trous de fixation de l'écran sont centrés par rapport à l'écran. Il peut donc être nécessaire d'ajuster la hauteur de fixation si les trous de fixation de l'écran sont excentrés. **ie.** *(Back of Monitor)*

Die angegebenen Montagehöhen setzen eine zentrierte VESA Schnittstelle am Display voraus. Sind die Lochbohrungen nicht zentral angeordnet, passen Sie die Montagehöhe entsprechend an. z.B. (Monitorrückseite)

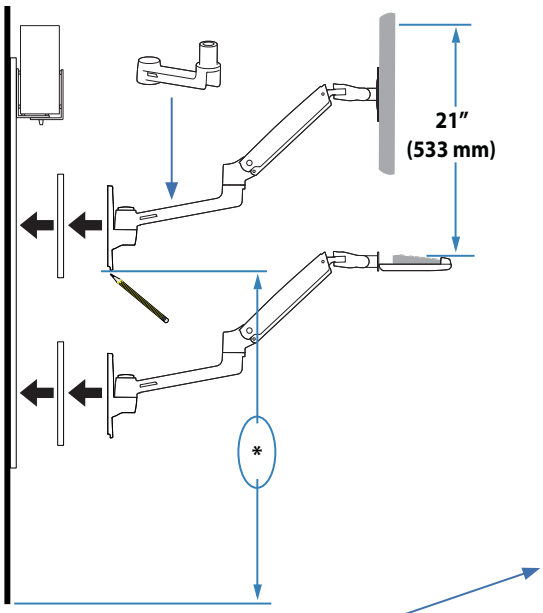
Deze bevestigingshoogtes gaan ervan uit dat de bevestigingsgaten van uw monitor in het midden zijn gecentreerd, ten opzichte van het beeldscherm. Wanneer de bevestigingsgaten van uw monitor uit het midden liggen (verticaal), kunt u de bevestigingshoogte dienovereenkomstig aanpassen.
Vb. *(Achterkant van de monitor)*

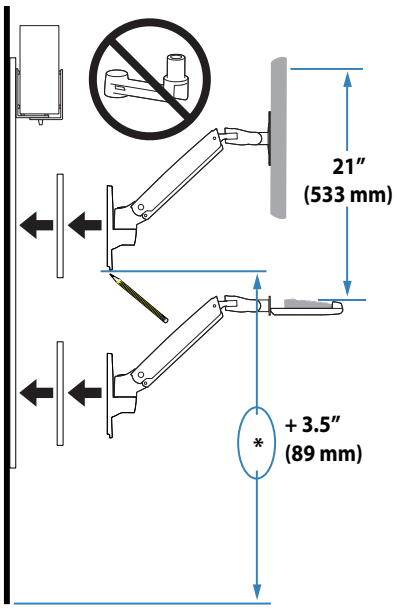
Queste altezze di montaggio danno per scontato che i fori di montaggio del monitor si trovino al centro, rispetto allo schermo del monitor. Se i fori di montaggio del proprio monitor sono spostati dal centro (verticalmente), è possibile regolare l'altezza del proprio attacco di conseguenza. **Ad es.:** *(retro del monitor)*

これらの取り付け高さは、モニターの取り付け穴がモニター画面に対して中央に位置していることを前提にしています。お使いのモニターの取り付け穴が中央から外れた (縦方向) 位置にある場合、それに合わせて取り付け高さを調節してください。 例: (モニターの裏面)

这些安装高度假设您的监视器安装孔位于相对于显示器屏幕的中央。如果您的监视器安装孔偏离中央（垂直），您可相应的调整安装高度。即（显示器背部）

이러한 설치 높이는 모니터 화면을 기준으로 할 때 모니터 설치 구멍이 중앙에 있다고 가정한 높이입니다. 모니터의 설치 구멍이 중앙에서 수직으로 떨어진 위치에 있는 경우 그에 따라 설치 높이를 조정할 수 있습니다(예: 모니터 후면)





For configurations without extension, add 3.5" (89 mm) to the mounting height from the table above.

Para configuraciones sin extensión, añada 89 mm. a la altura de montaje señalada en la tabla de arriba

Bei Montagelösungen ohne Verlängerung addieren Sie 89mm zur Montagehöhe.

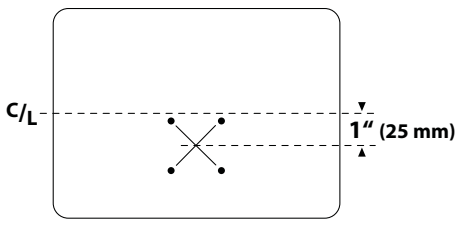
Voor configuraties zonder verlengstuk, tel 8,9 cm bij de bevestigingshoogte vanaf de tafel op.

Per configurazioni senza prolunga, aggiungere 89 mm (3,5") all'altezza dell'attacco indicata sulla tabella precedente.

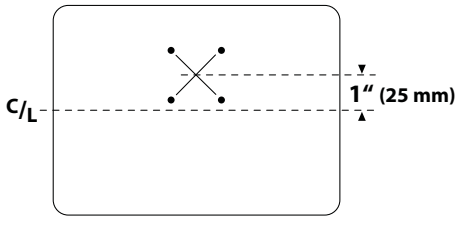
エクステンションを使用しないで取り付けする場合は、上の表の取り付け高さに 3.5" (89 mm) を加えてください。

对于不用延伸臂的配置，从上面表格的安装高度增加 3.5" (89 mm)。

확장 없이 구성하려면 위의 테이블에서 설치 높이에 89 mm (3.5")를 더합니다.

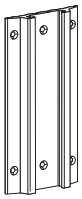


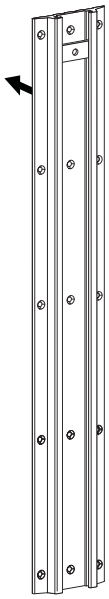
Subtract 1" (25 mm) from the Mounting Height.
Reste 1" (25mm) de la altura de montaje.
Retranchez 25mm de la hauteur de fixation
Montagehöhe – 25mm
Trek 25 mm van de bevestigingshoogte af.
Sottrarre 25 mm (1") dall'altezza dell'attacco.
取り付け高さから 1" (25 mm) を差し引く。
从安装高度减去 1" (25 mm)
설치 높이에서 25 mm (1")를 뺍니다.



Add 1" (25 mm) from the Mounting Height.
Añada 1" (25mm) a la altura de montaje.
Ajoutez 25 mm à la hauteur de fixation
Montagehöhe + 25mm
Tel 25 mm bij de bevestigingshoogte op.
Aggiungere 25 mm (1") dall'altezza dell'attacco.
取り付け高さに 1" (25 mm) を加える。
从安装高度加上 1" (25 mm)
설치 높이에 25 mm (1")를 더합니다.

2





CAUTION: Make sure the wall mount bracket is level, flush and snug to the wall surface. DO NOT OVERTIGHTEN THE BOLTS.

PRECAUCIÓN: Asegúrese de que la fijación de la montura en pared está nivelada, iguálela y ajústela respecto a la pared. NO RETIRAR ESTA ETIQUETA!

AVERTISSEMENT : assurez vous que le support moral soit bien à plat et contre la surface du mur. NE PAS SERRER EXCESSIVEMENT LES BOULONS.

ORSICHT: Bitte versichern sie sich, dass die Wandhalterung gerade festigt ist und dabei dicht and der nd anliegt. DIE SCHRAUBEN NICHT ZU STRAFF ANZIEHEN.

T OP: zorg ervoor dat de muurbestigingsbeugel recht is, gelijk aan n nauwsluitend met het muuroppervlak. DRAAI DE BOUTEN NIET TE VAST.

ATTENZIONE: verificare che la staffa di fissaggio a parete sia parallela ad essa, pari e aderente alla superficie. NON STRINGERE ECCESSIVAMENTE I BULLONI.

注意：壁取り付けブラケットが壁の表面に水平に接触してぴったりおさまっているか確認してください。ボルトは締め付けすぎないようにしてください。

注意：请确保壁挂式安装支架水平、平直并紧贴墙壁。不要过度拧紧螺栓。

주의: 벽 설치 브래킷이 수평이며 벽 표면에 편평하고 꼭 맞는지 확인하십시오.
볼트는 너무 세게 조이지 마십시오.

WARNING:
Ensure that the wall structure is capable of supporting four times the total weight of mounted equipment. Mounting to wall surfaces that do not meet this criteria may result in an unstable, unsafe condition which could lead to personal injury and/or property damage. Consult a construction professional if you have any doubt about what this means in regard to your particular application.

AVISO:
Verifique que la pared donde vaya a instalar el Soporte de pared es capaz de soportar 4 veces el peso total del equipamiento a instalar. El montaje del monitor en una pared que no cumpla estos requisitos puede conducir a una instalación inestable e insegura y derivar en daños personales y/o de la pared y el monitor. Consulte a un instalador profesional si tiene dudas respecto de su caso particular.

ATTENTION:
Assurez vous que le mur sur lequel vous allez monter est capable de supporter 4 fois le poids total du matériel. Un montage sur une surface critique peut générer une faiblesse dans l'installation et causer des dommages corporels et/ou matériels. En cas de doute, contactez un professionnel.

Achtung:
Stellen Sie sicher, daß die Wand an der Sie das Display montieren wollen mindestens das vierfache Gewicht der zu befestigenden Geräte tragen kann. Eine Befestigung an Oberflächen, die nicht in der Lage ist, dieses Kriterium zu erfüllen, könnte zu einem instabilen und/oder unsicheren Zustand führen, welcher Personen- oder Sachschaden zur Folgen haben könnte.

WAARSCHUWING:
Zorg ervoor dat de wand waartegen de Directe wandbevestiging bevestigd zal worden geschikt is om vier keer het totale gewicht van de apparatuur te dragen. Het bevestigen van een beeldscherm aan een wand die hier niet aan voldoet kan leiden tot een onstabiele en onveilige situatie wat lichamelijk letsel, schade aan de muur en het beeldscherm kan veroorzaken.

ATTENZIONE
Verificate con attenzione che la struttura della parete il dispositivo di Montaggio a parete a basso spessore possa reggere un peso maggiore a quattro volte il valore totale di tutte le apparecchiature montate. Il montaggio su pareti che non soddisfino questo requisito può comportare instabilità e scarsa sicurezza, con conseguente rischio di danni od infortuni sia alle persone che alle cose.

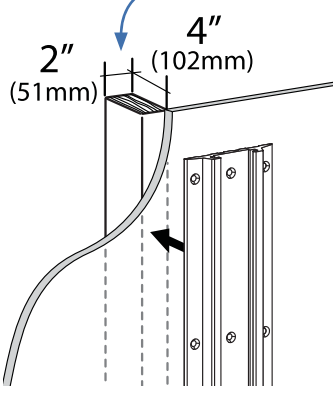
警告:
壁の構造が取付ける機器の四倍の重量をサポートする強度が必要です。この基準に適合しない壁表面に取付けるとけが及び／または物的損害の原因となる不安定で危険な状況となりかねません。特定用途に壁の強度の良し悪しが懸念される場合は建設業者にご相談ください。

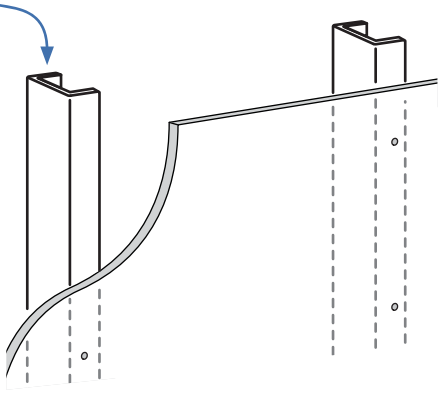
警告：
确保墙体结构能够支撑四倍于安装设备的总重量。安装到不符合本标准的墙面可能造成不稳定、不安全的情况，进而导致人员伤害及/或财产损害。如果您对具体应用还存有疑惑，请咨询建筑专业人士。

경고:
벽 구조가 설치된 장비 총 중량의 4배를 지지할 수 있는지 확인하십시오. 이 기준을 충족하지 않는 벽 표면에 장착하면 불안정하고 안전하지 않은 상태가 되어 부상을 입거나 제품 손상이 발생할 수 있습니다. 이에 대한 정확한 의미를 잘 모르겠으면 건축 전문가에게 문의하십시오.

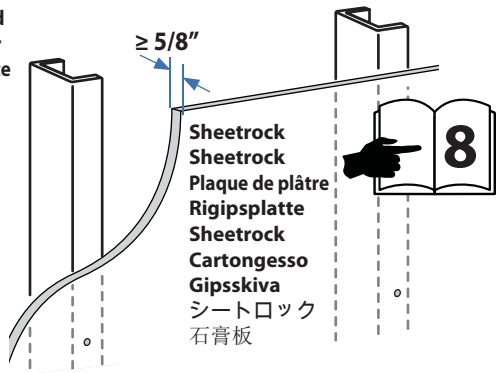
Wood
Madera
Bois
Solide Holzbalkenträger
Massief Houten Pilaren
Due montanti in legno massiccio
木
木质
나무

Studs ≥ 25 gauge steel
Pernos de acero de calibre ≥ 25
Goujons ≥ calibre 25 en acier
Bolzen ≥ Blechlehre Nr. 25
Verbindingsbouten ≥ 25 gauge staal
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
Reglar ≥ 25-gauge stål
25ゲージのスチールよりも強力なスタッド
板墙筋为不小于 25 标号的钢材





Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁



Sheetrock
Sheetrock
Plaque de plâtre
Rigipsplatte
Sheetrock
Cartongesso
Gipsskiva
シートロック
石膏板

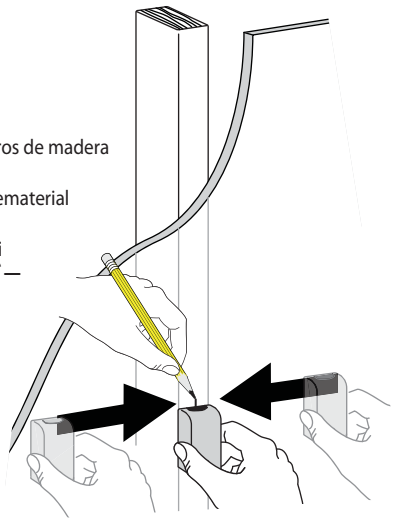
Requires minimum material thickness of 5/8″ (16 mm).
Requiere un grosor mínimo de 16 mm.
Epaisseur minimum de 16 mm.
Requer uma espessura mínima de 5/8″ (16 mm).
Mit einer Materialdicke von mindestens 16 mm.
Vereist een minimale materiaaldikte van 1.6 cm.
Richiede uno spessore del materiale non inferiore a 16 mm.
厚さが最低 5/8″ (16 mm) の資材が必要。
需要最低材料厚度为 5/8″（16 ㎜）.

2

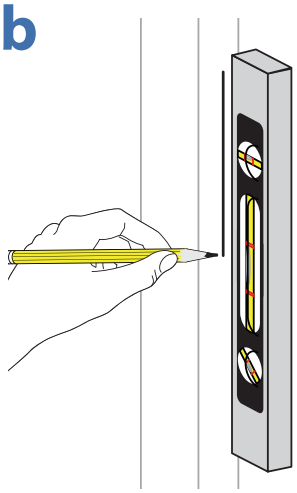
Wood	**Studs ≥ 25 gauge steel**
Madera	**Pernos de acero de calibre ≥ 25**
Bois	**Goujons ≥ calibre 25 en acier**
Solide Holzbalkenträger	**Bolzen ≥ Blechlehre Nr. 25**
Massief Houten Pilaren	**Verbindingsbouten ≥ 25 gauge staal**
Due montanti in legno massiccio	**Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)**
木	**Reglar ≥ 25-gauge stål**
木质	25ゲージのスチールよりも強力なスタッド
나무	板墙筋为不小于 25 标号的钢材

a

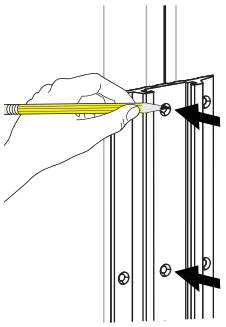
Stud Finder
Localizador de largueros de madera
Stud Finder
Auswahl von Montagematerial
Positiebepaler balken
Rilevatore di montanti
スタッド ファインダー
螺栓探测器
스터드 파인더



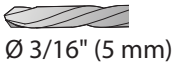
b



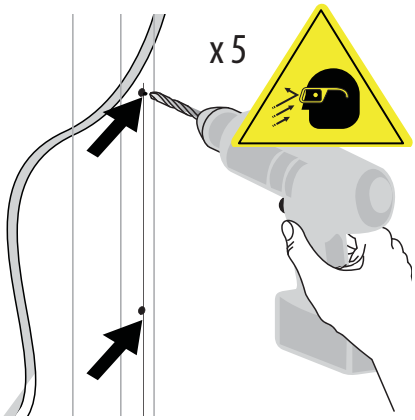
c



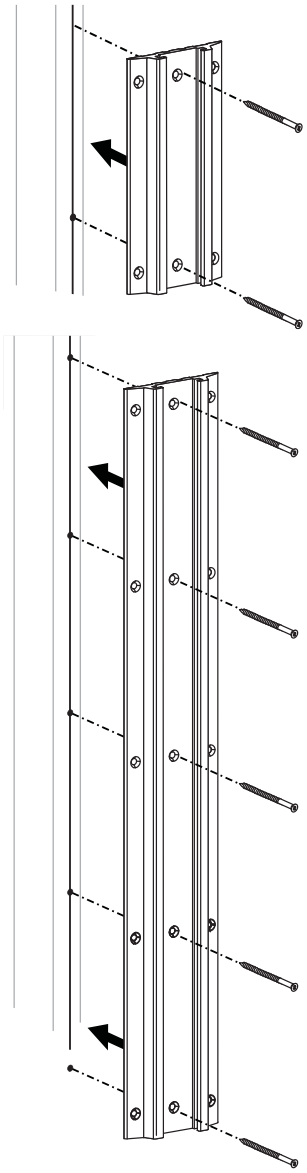
d



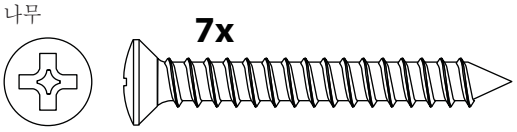
Ø 3/16" (5 mm)



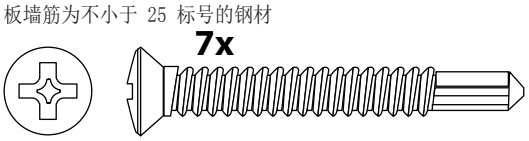
e



Wood
Madera
Bois
Solide Holzbalkenträger
Massief Houten Pilaren
Due montanti in legno massiccio
木
木质
나무



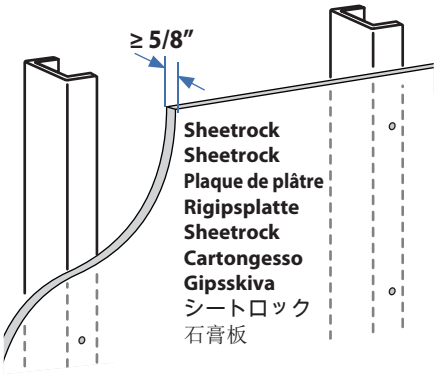
Studs ≥ 25 gauge steel
Pernos de acero de calibre ≥ 25
Goujons ≥ calibre 25 en acier
Bolzen ≥ Blechlehre Nr. 25
Verbindingsbouten ≥ 25 gauge staal
Prigionieri in acciaio spessore ≥ gauge 25 (0,556 mm)
Reglar ≥ 25-gauge stål
25ゲージのスチールよりも強力なスタッド
板墙筋为不小于 25 标号的钢材



f

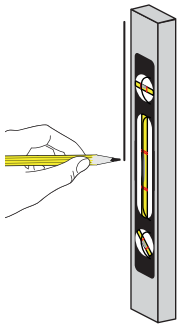
2

Hollow Wall
Pared
Mur
Wand
Muur
Parete
壁
墙壁

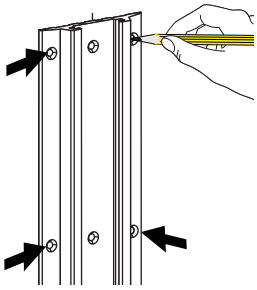


Requires minimum material thickness of 5/8” (16 mm).
Requiere un grosor mínimo de 16 mm.
Epaisseur minimum de 16 mm.
Requer uma espessura mínima de 5/8” (16 mm).
Mit einer Materialdicke von mindestens 16 mm.
Vereist een minimale materiaaldikte van 1.6 cm.
Richiede uno spessore del materiale non inferiore a 16 mm.
厚さが最低 5/8” (16 mm) の資材が必要。
需要最低材料厚度为 5/8”（16 ㎜）.

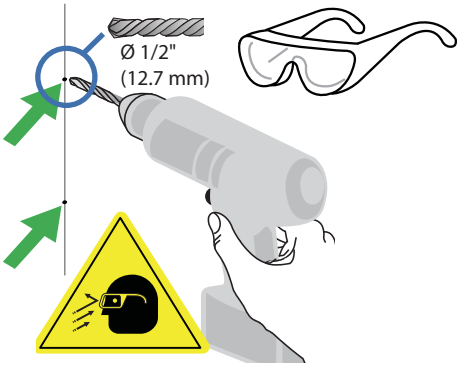
a



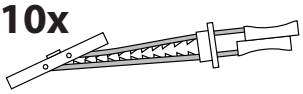
b



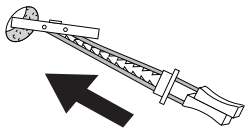
c



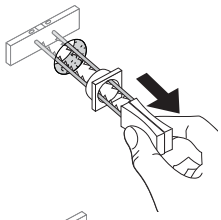
d **10x**



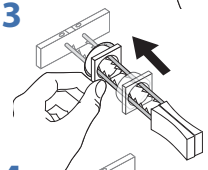
1



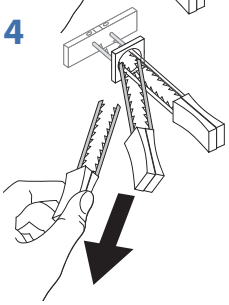
2



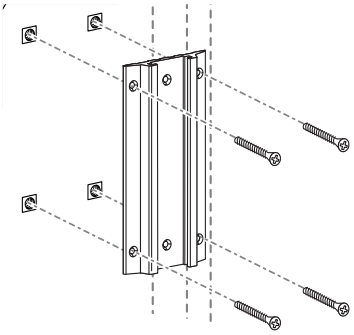
3

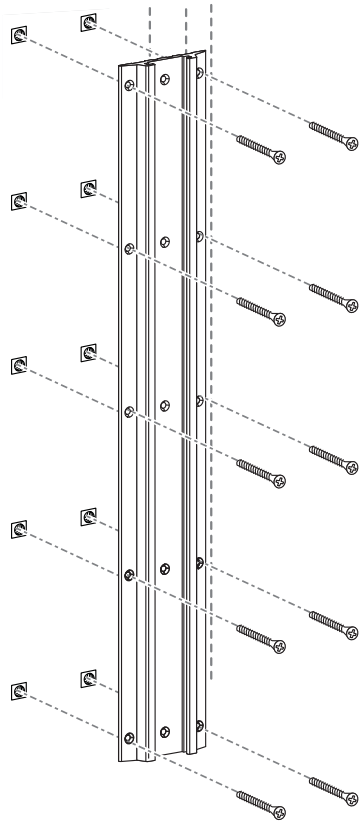


4

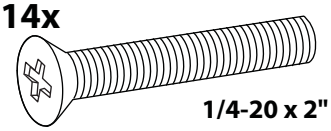


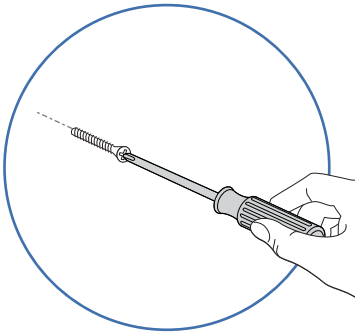
e





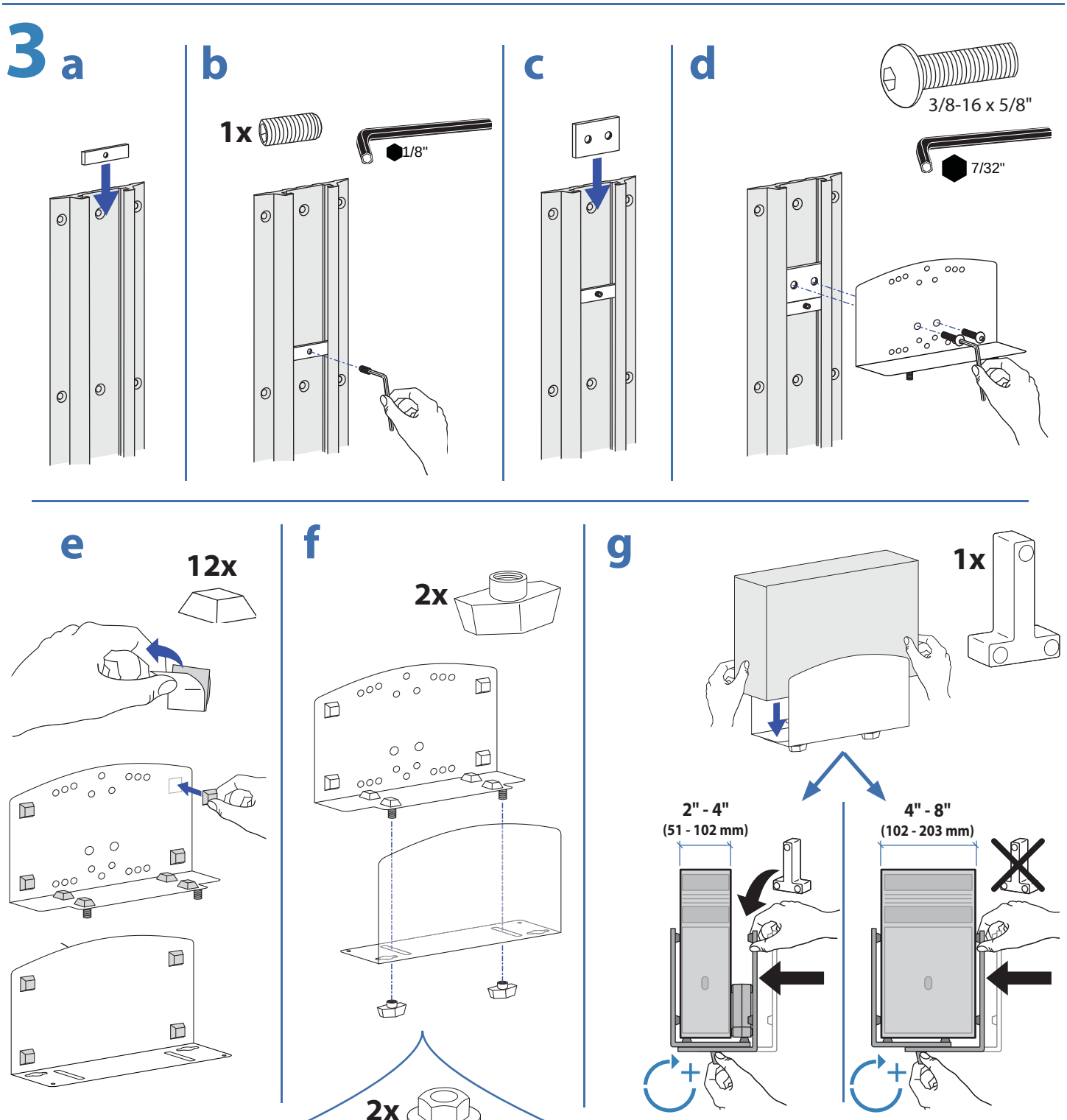
14x



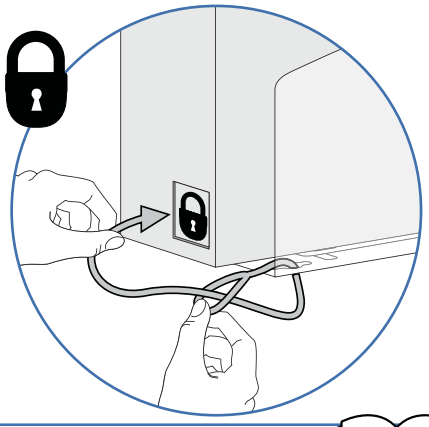


f

3

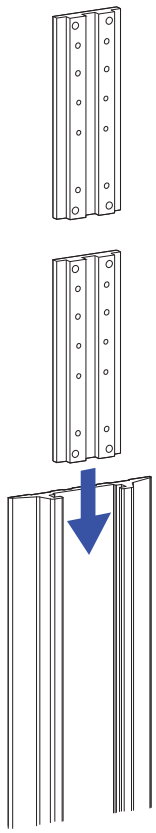


Security Feature
Función de seguridad
Fonction de sécurité
Sicherheitsmerkmal
Beveiligingsfunctie
Dispositivo antifurto
セキュリティ機能
安全特性

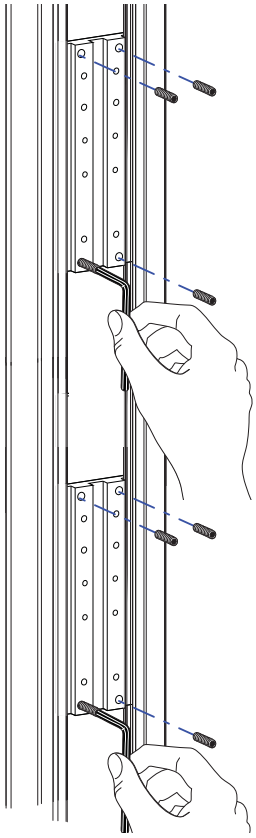


4 10

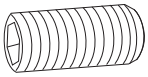
4 a



b



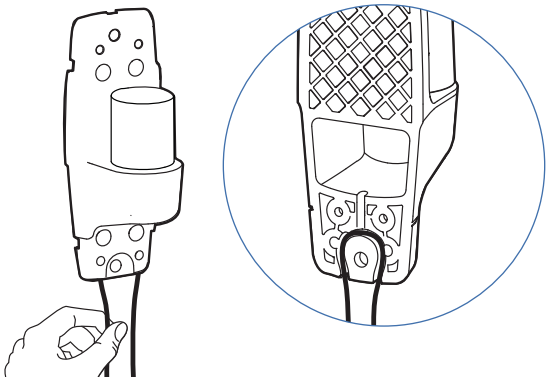
8x



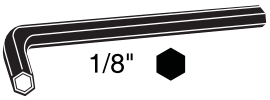
1/4-20 x 1/2"

c

Optional locking feature
(customer supplied lock)



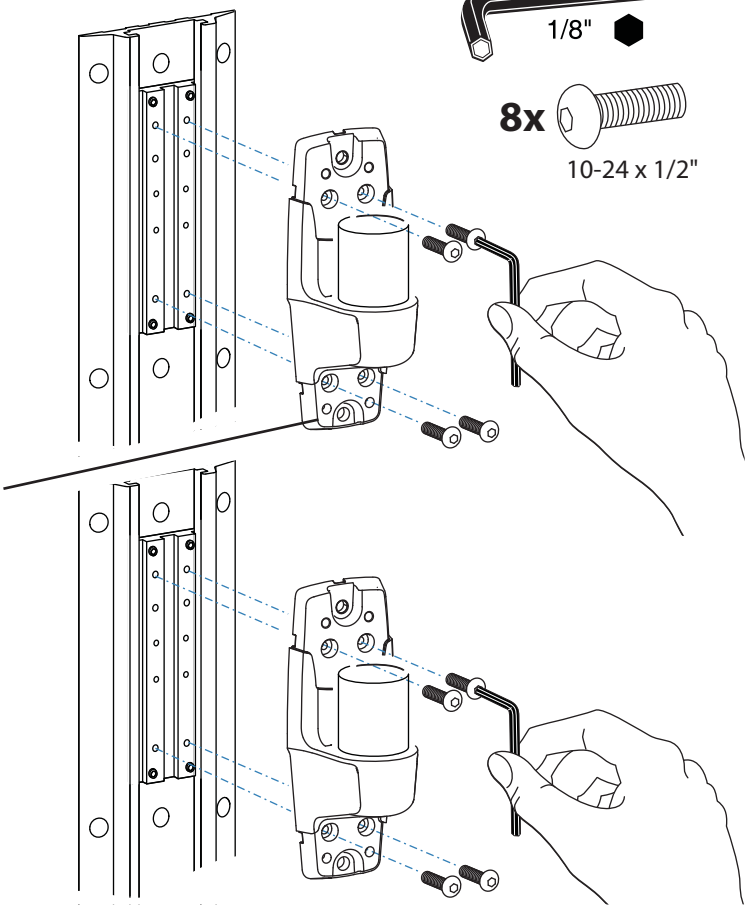
d



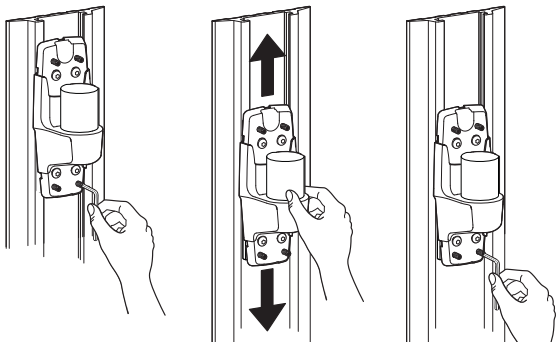
1/8"

8x

10-24 x 1/2"



NOTE: The mounting bracket can be relocated vertically on the wall track by loosening the the four wall plate screws.



NOTE: Fasteners may unwind due to vibration caused by movement of mounting solution over time. Inspect mounting solution for loose fasteners on a routine basis. If desired, apply a light duty thread locking adhesive to fasteners before installation to prevent back-out.

NOTA: Los fijadores pueden llegar a soltarse debido a la vibración generada por el movimiento de la solución de montaje con el paso del tiempo. Inspeccione de forma rutinaria la solución de montaje para ver si hay fijadores sueltos. Si lo desea, aplique un adhesivo de bloqueo de roscas para aplicaciones no intensas en los fijadores antes de instalarlos para impedir que se desenrosquen.

REMARQUE : avec le temps, les fixations peuvent se relâcher à cause des vibrations dues aux mouvements de la solution de fixation. Vérifiez les fixations de la solution régulièrement. Si vous le souhaitez, vous pouvez appliquer un adhésif de verrouillage léger sur les fixations avant l'installation pour éviter ce genre de problème.

HINWEIS: Die Befestigungsschrauben können sich durch Vibrationen bei der Bewegung der Befestigungslösung im Lauf der Zeit lockern. Überprüfen Sie die Befestigungslösung regelmäßig auf gelockerte Befestigungsschrauben. Sie können die Befestigungsschrauben mit einem Gewindekleber für geringe Belastungen fixieren, um ein Lockern zu vermeiden.

OPMERKING: De bevestigingen kunnen na verloop van tijd loskomen door trillingen veroorzaakt door beweging van de montage. Kijk op een routinebasis de montage na op losse bevestigingen. Breng indien gewenst wat lijm aan op de schroefdraad van de schroefverbindingen om het loskomen te vermijden.

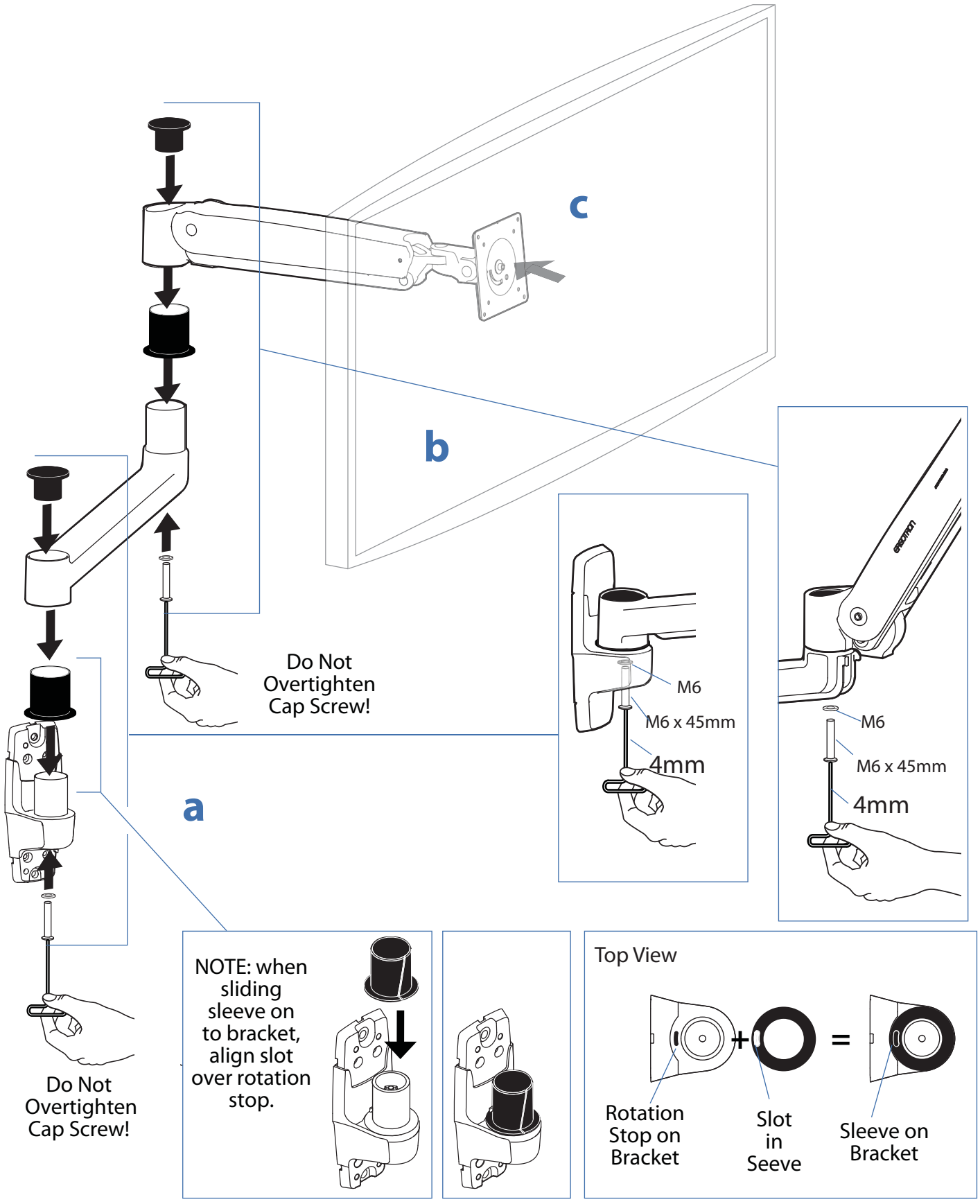
NOTA: i dispositivi di fissaggio possono allentarsi a causa delle vibrazioni provocate dal movimento della soluzione di montaggio nel tempo. Ispezionare regolarmente la soluzione di montaggio per verificare se i dispositivi di fissaggio sono lenti. Se opportuno, sui dispositivi di fissaggio applicare un adesivo di bloccaggio filettature leggero prima dell'installazione, al fine di evitare che fuoriescano.

OBS: Det är möjligt att skruvar kan lossna på grund av vibrationer som orsakas av monteringslösningens rörelser över en längre period. Inspektera regelbundet monteringslösningen och titta efter lösa skruvar. Om så önskas kan man applicera ett milt gänglåsningsklister på skruvarna innan de installeras, för att förhindra att de skruvas loss.

注: 長期間にわたり部品を取り付けたり、外したりしていると、その振動でファスナーが緩んでくることがあります。 定期的に取り付け部品を点検し、緩んでいるファスナーがないかどうかを確認してください。 ファスナーの緩みを防止するために、適宜、取り付けの前にネジ山を固定する市販の接着剤を使用してもよいでしょう。

注意： 时间一久，紧固件可能会因安装系统移位产生的震动而松动。 定期检查安装系统，查看紧固件是否有松动。 如果需要，安装前可在紧固件上使用粘性不太强的螺丝固定剂，以防松动。

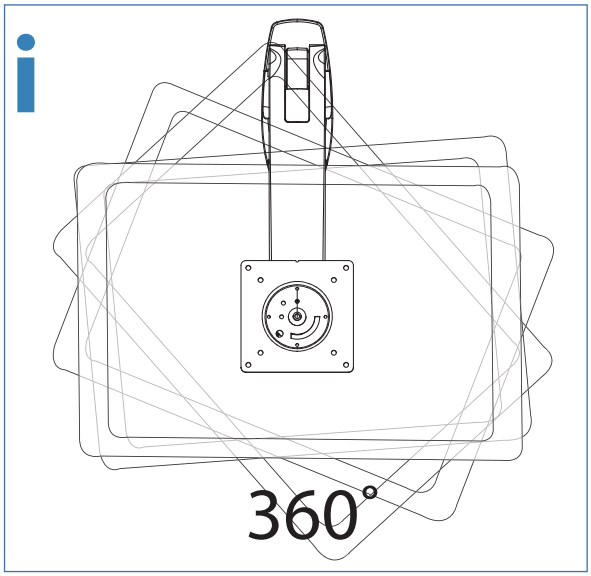
5 Mount extension and LCD arm to wall bracket.

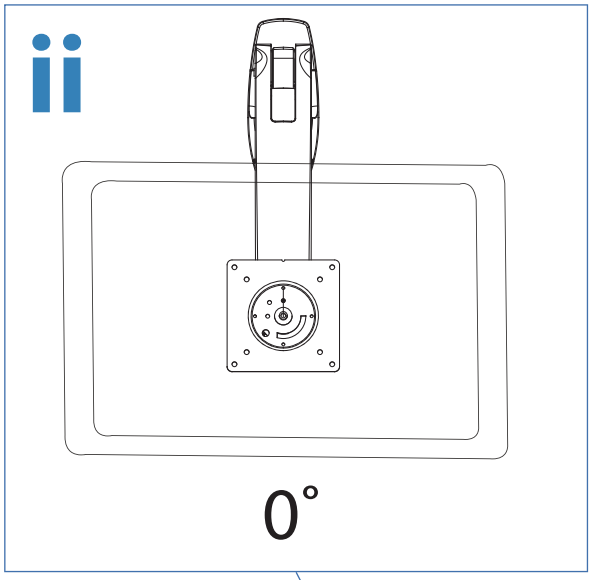


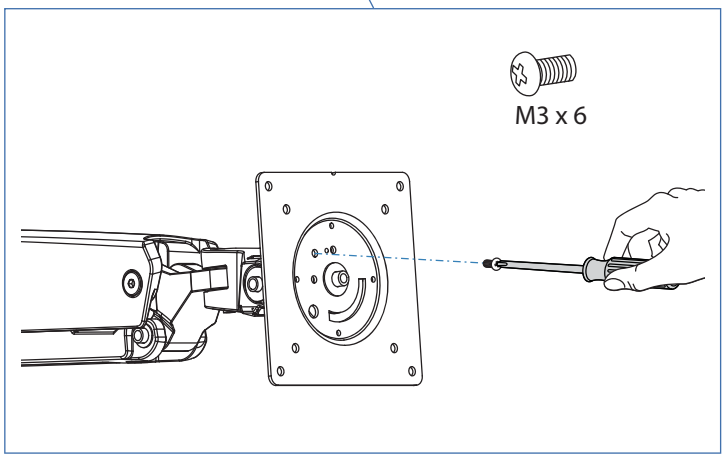
5 Portrait / Landscape Options

OPTION i If you want full 360° portrait/landscape rotation, skip to step 8 on the next page.

OPTION ii If you do not want your TV/Monitor to rotate all all, you can stop rotation by inseting the xx set screw.







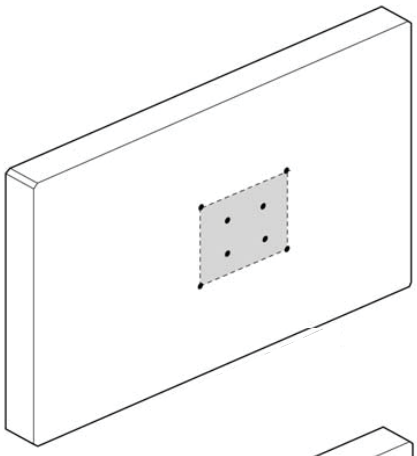
7 13

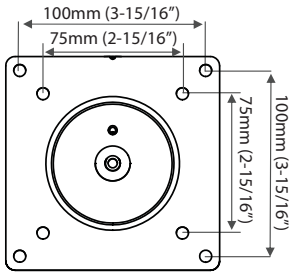
7 Check size of TV/Monitor hole pattern

TV/Monitor Hole Pattern Sizes

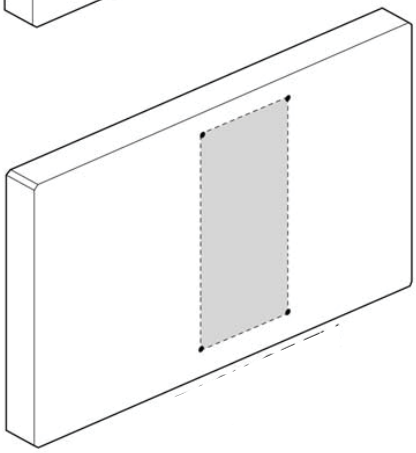
VESA Adapter Configurations

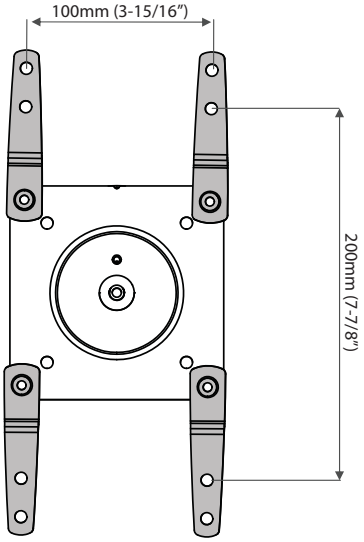
A 75x75mm
100x100mm



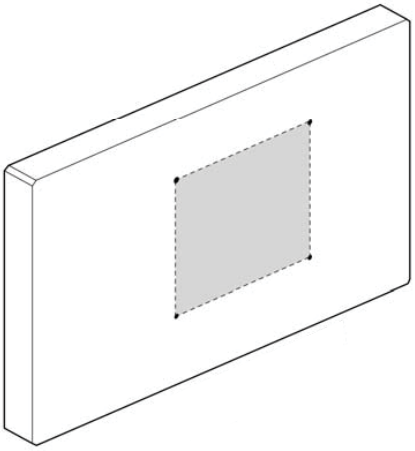


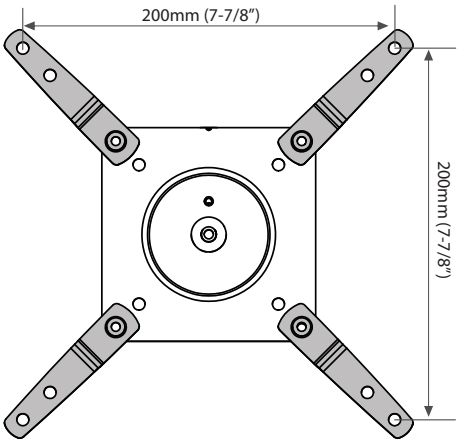
B 100x200mm



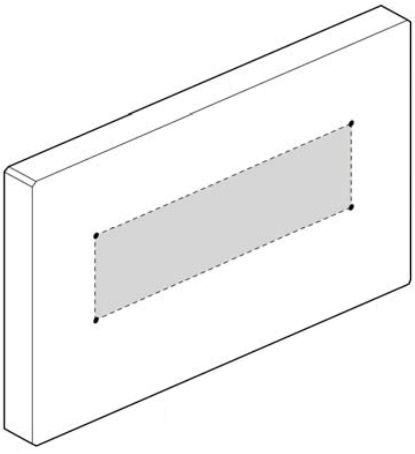


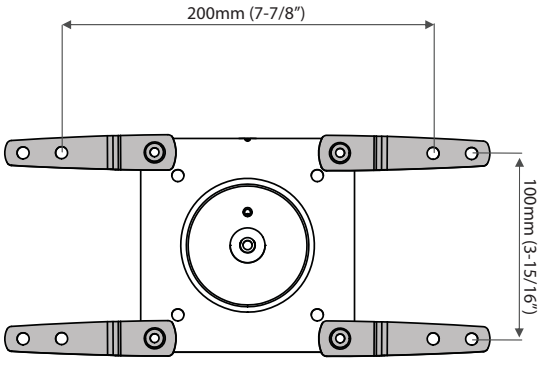
C 200x200mm





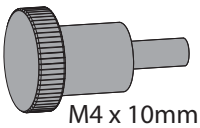
D 200x100mm





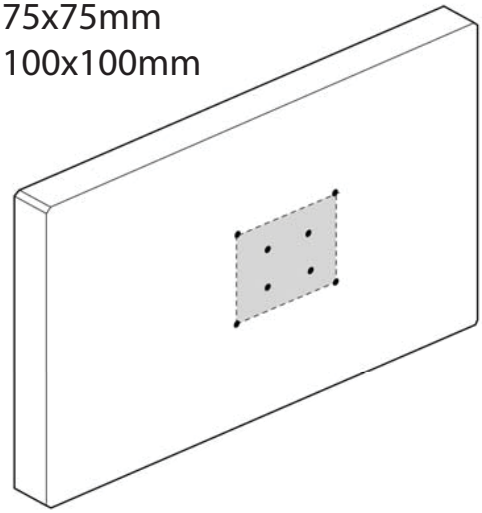
7 Mount Type A TV/Monitor to Arm

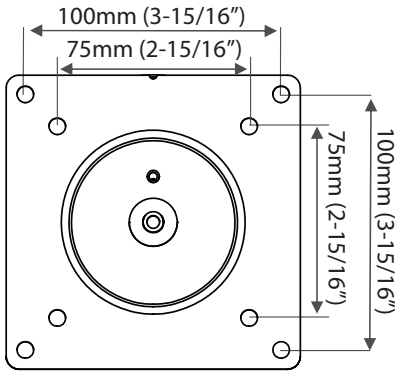
4x
M4 x 10mm

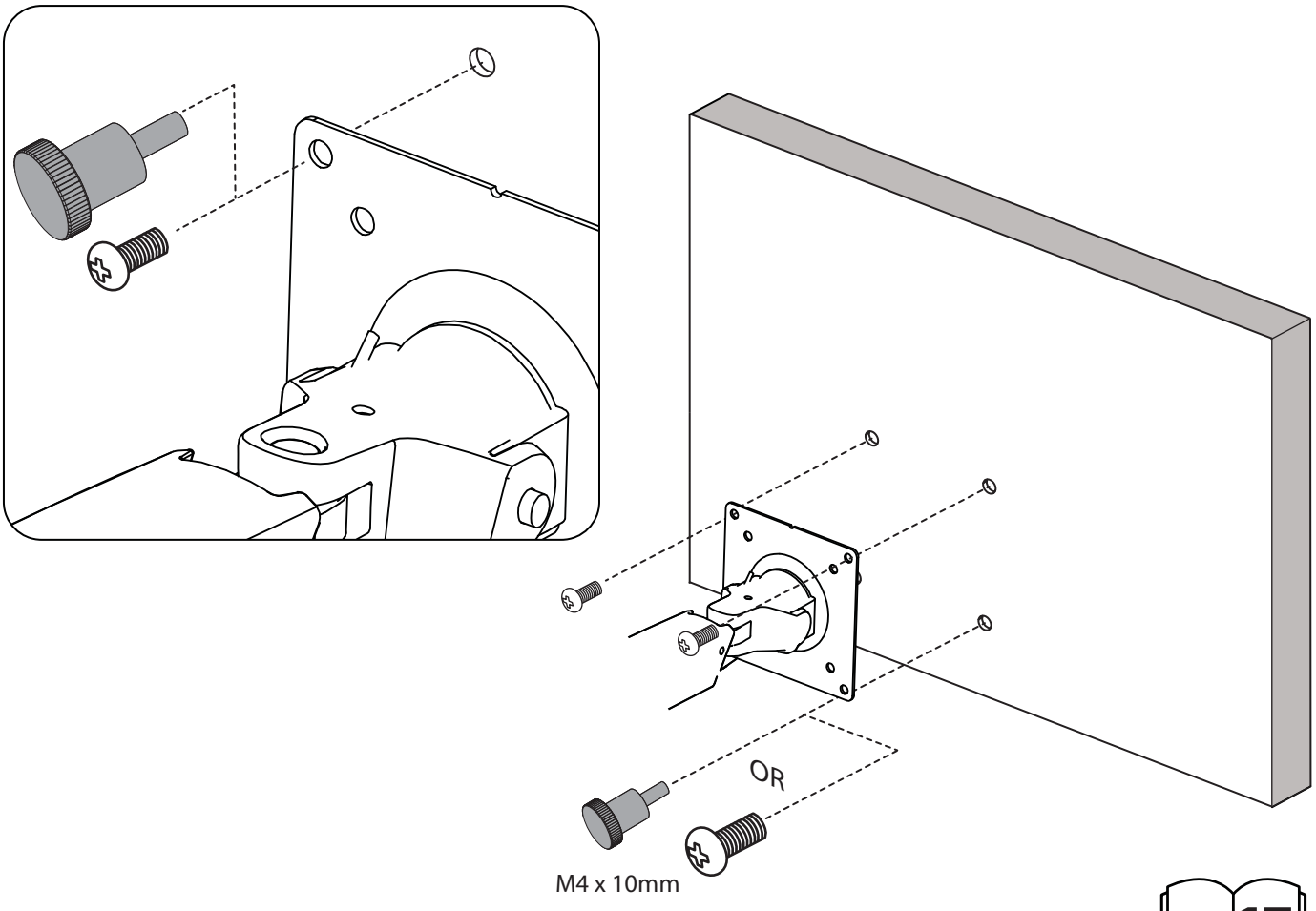

M4 x 10mm

A

75x75mm
100x100mm

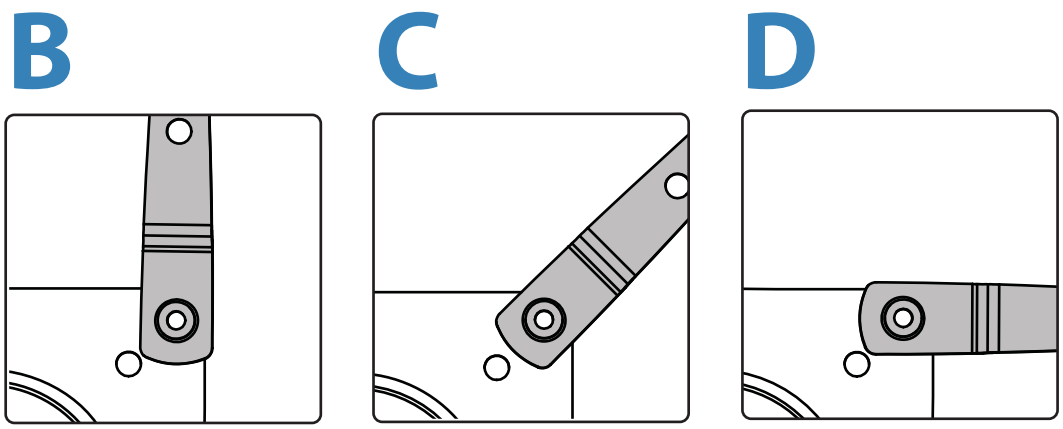


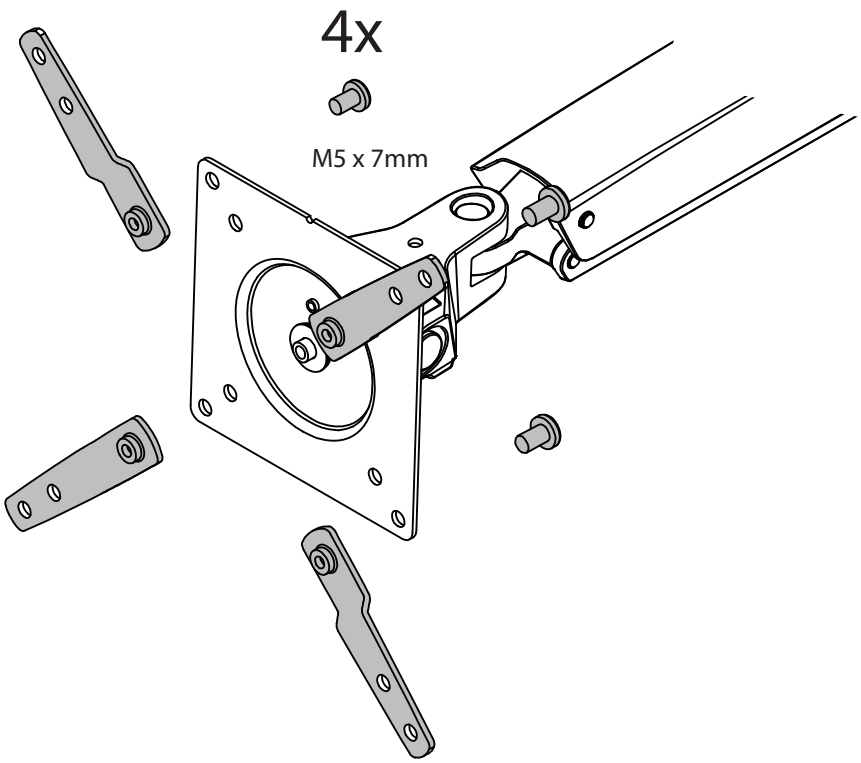




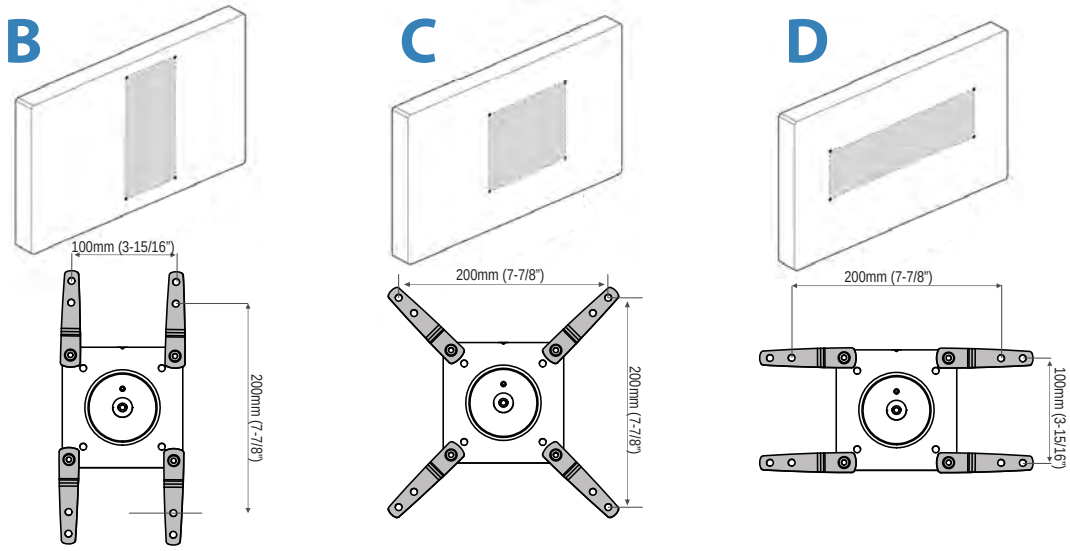
8

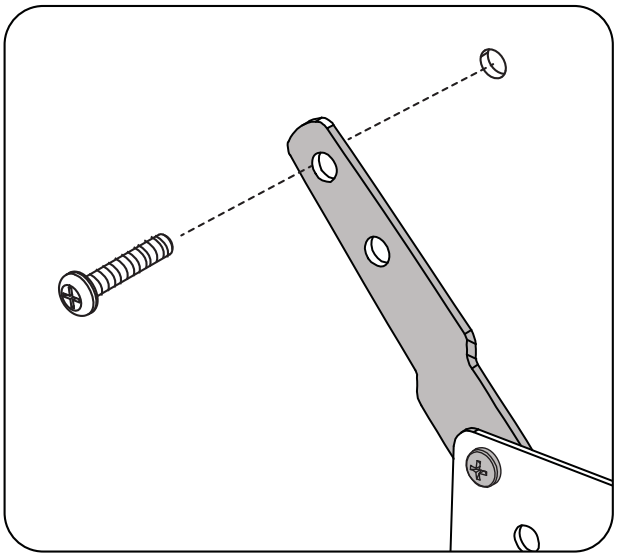
7 Mount VESA Adapters to Arm based on TV/ Monitor hole pattern size (B, C, or D) .

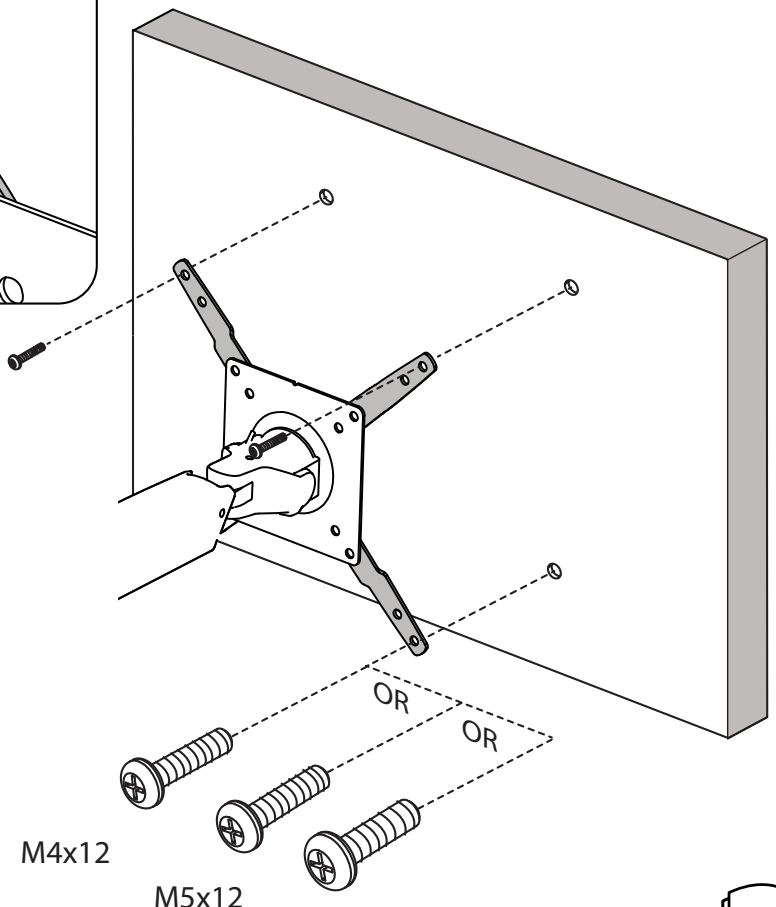




7 Mount Type B, C, or D TV/Monitor to Arm







NOTE: To reduce M8 holes for use with M5 screws, or if you have a model with Samsung holder rings, follow the **M8M5 KIT** instructions on the next page.

17

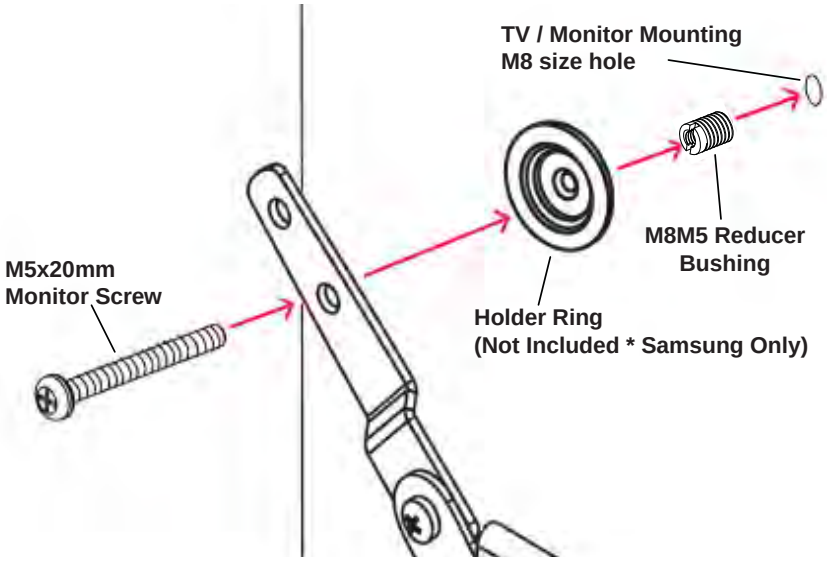
8

17

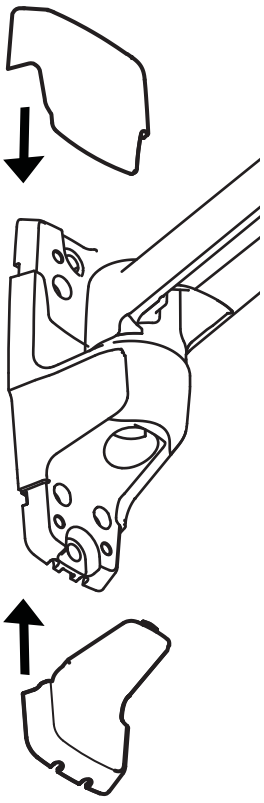
M8M5 KIT Instructions

NOTE: follow this step only if your TV/monitor has M8 holes which need to be reduced to M5 or for Samsung models using the holder ring.

Install M8M5 reducer bushing to TV/Monitor and use M5 x 20 mm monitor screws to secure when using the Samsung holder ring.



8 Attach top and bottom bracket covers



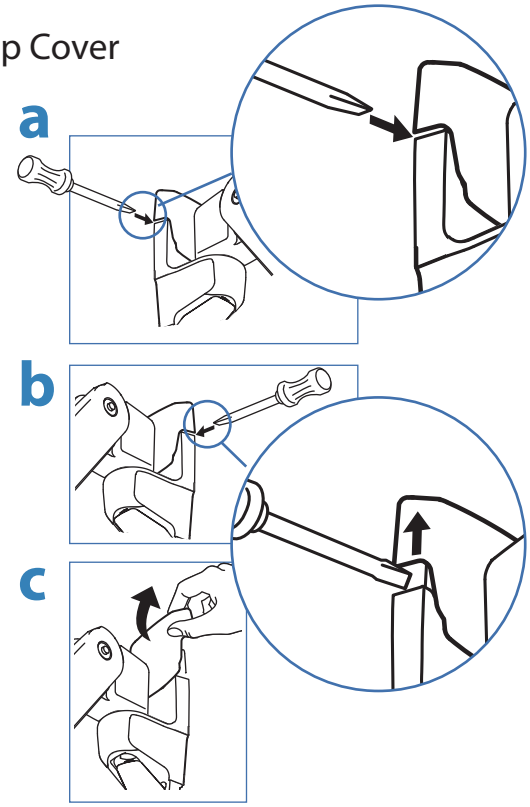
To remove covers:

a) Wedge the blade of a flat screwdriver into the gap between the wall mount bracket and the cover. Rotate the blade upward to pry the cover away.

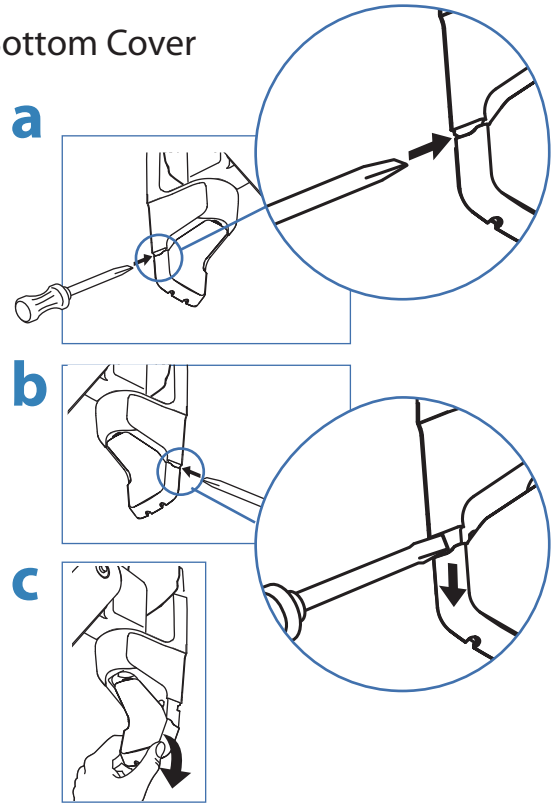
b) Repeat on the opposite side of the wall mount bracket.

c) Once the cover is free on both sides, lift it off.

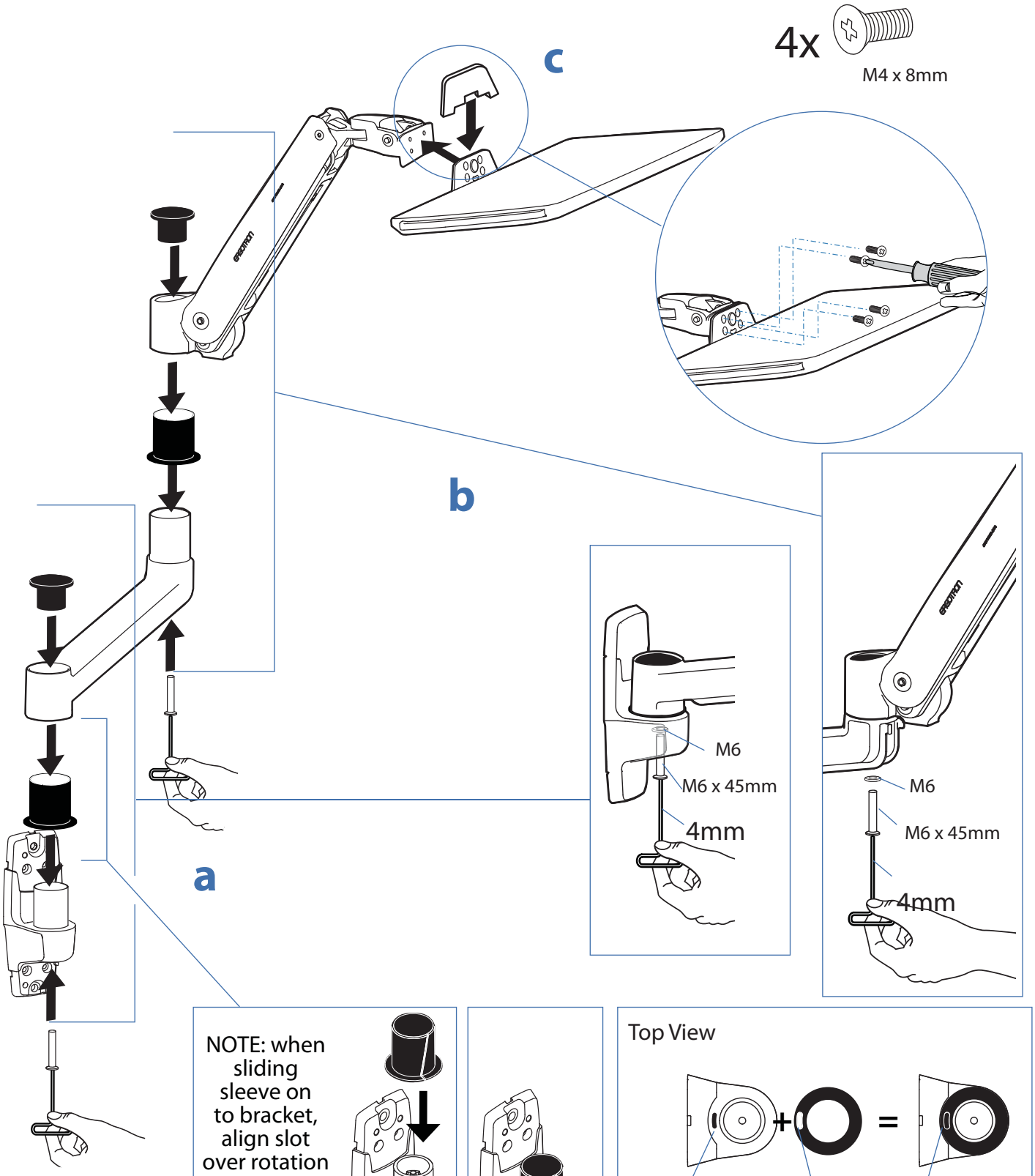
Top Cover



Bottom Cover

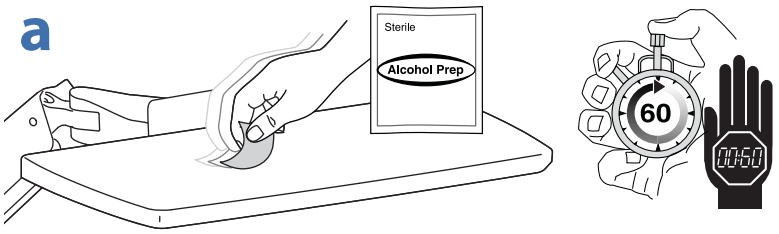


9 Mount extension and keyboard arm to wall bracket.

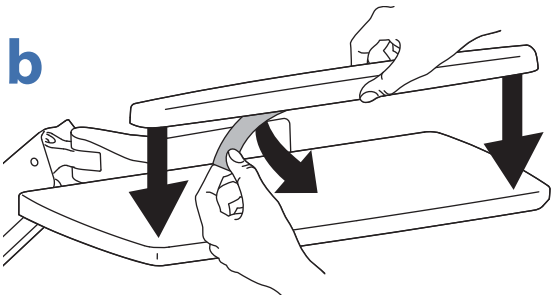


10 Mount wrist rest, keyboard and mouse

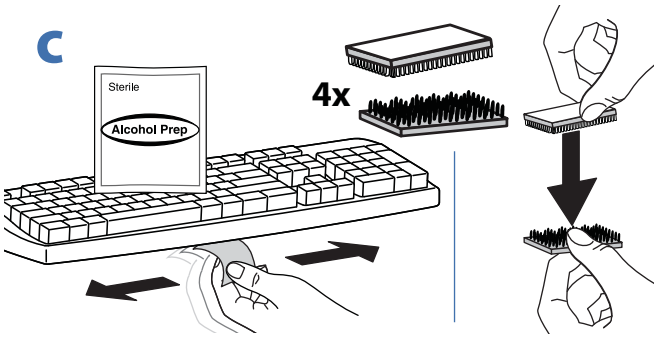
a

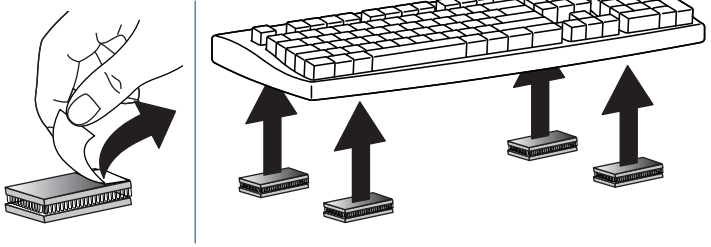


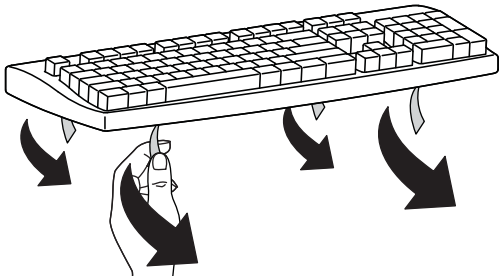
b

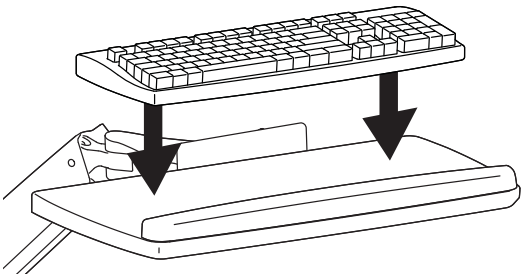


c

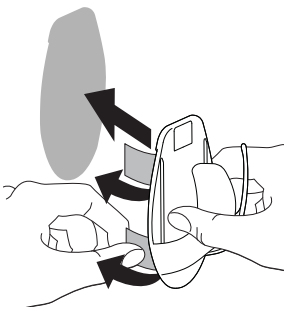


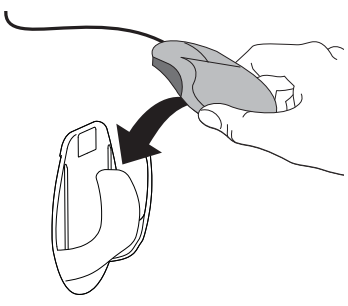




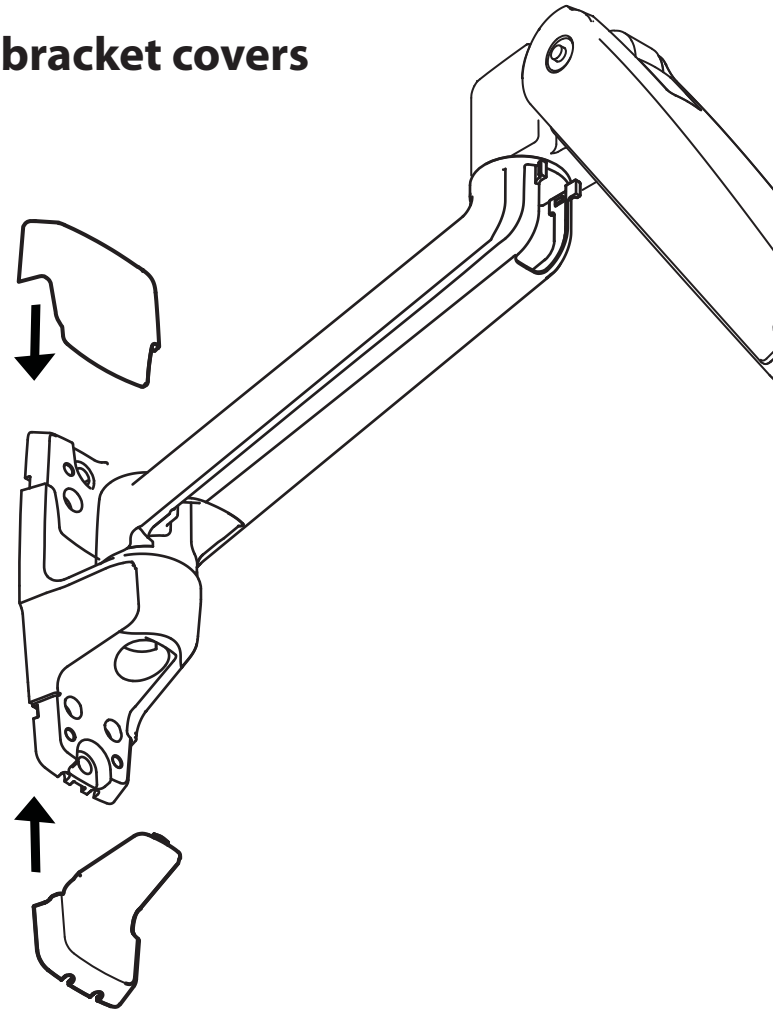


d



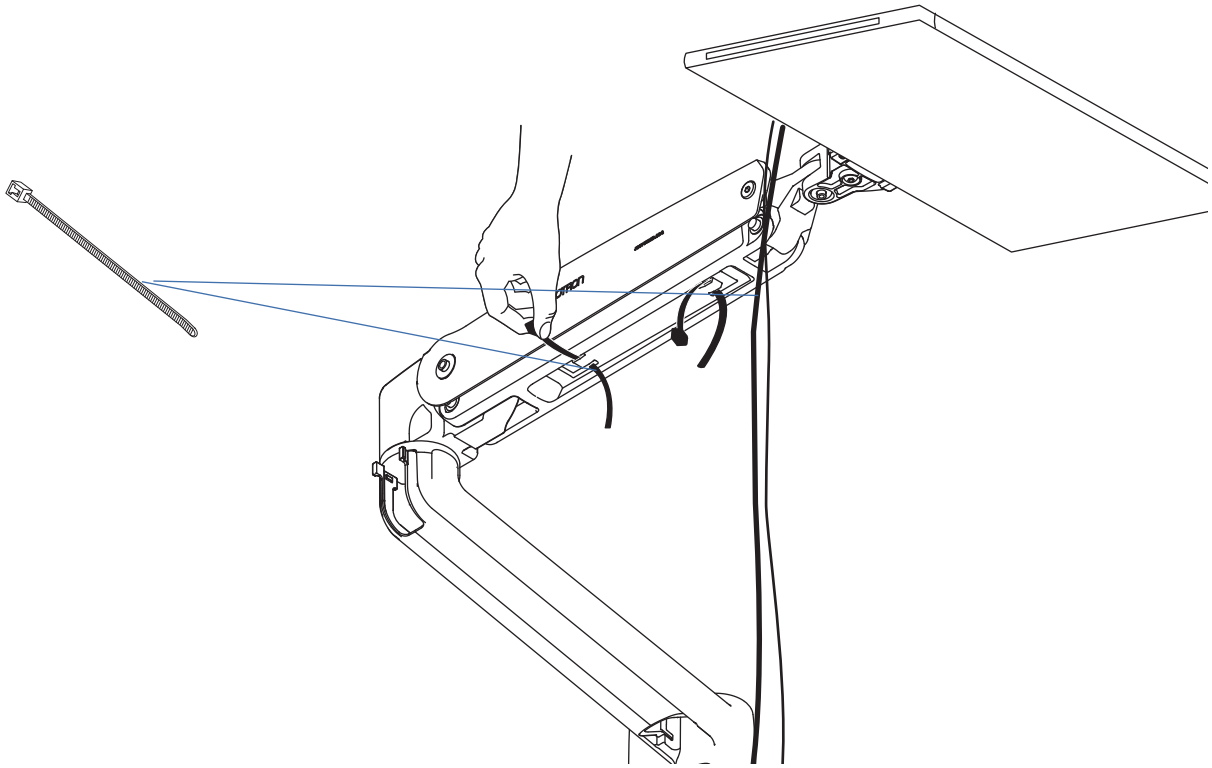


11 Attach top and bottom bracket covers



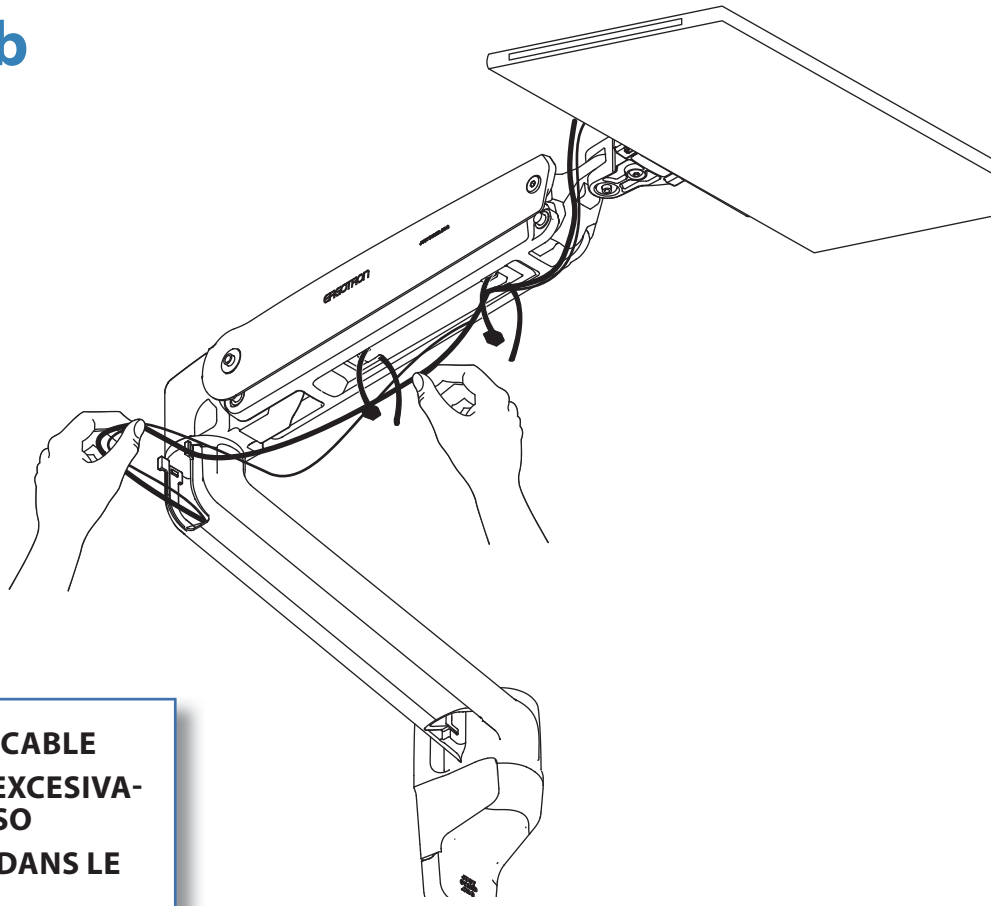
12 Organize and route keyboard cables

a



12

b

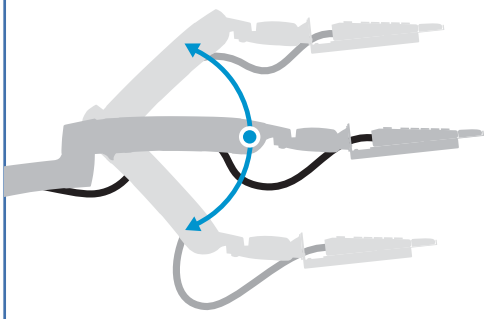


LEAVE SLACK IN CABLE

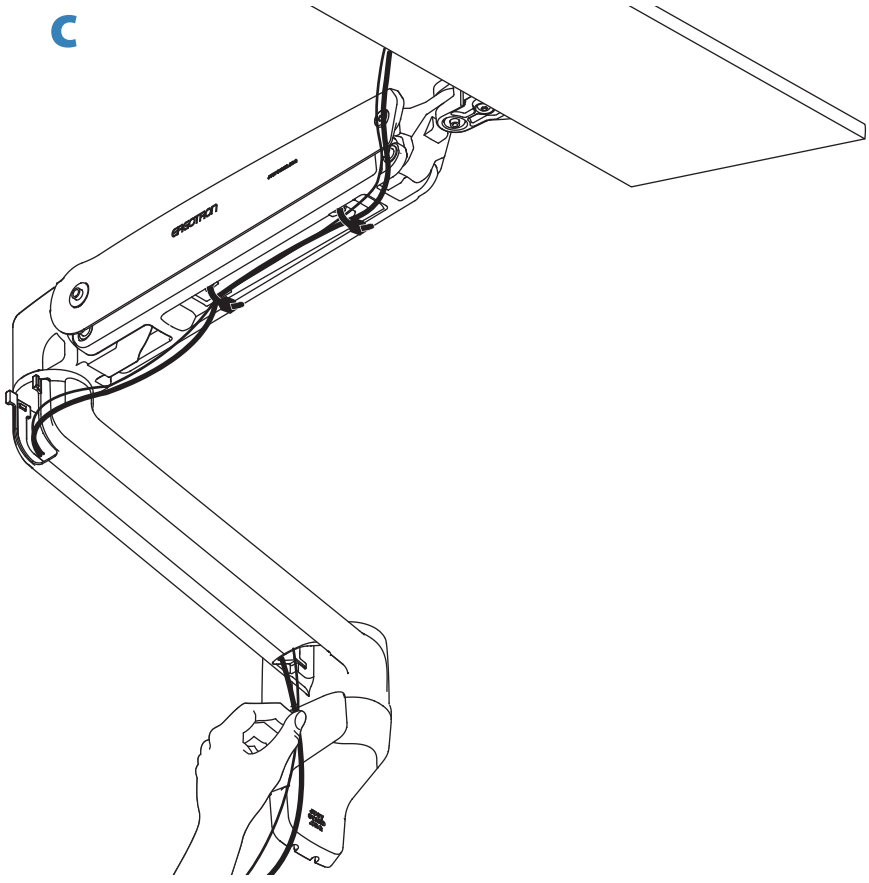
NO DEJE EL CABLE EXCESIVA-MENTE TENSO

LAISSER DU MOU DANS LE CÂBLE

DEIXE FOLGA NO CABO

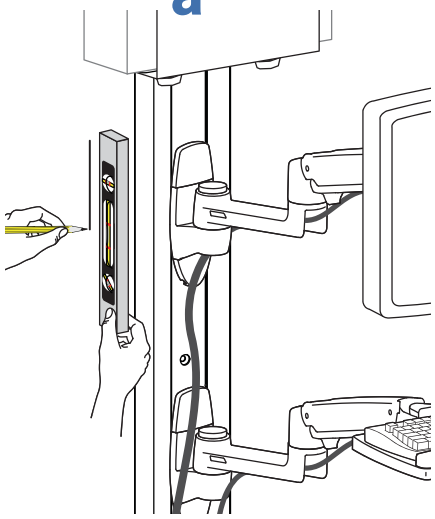


c

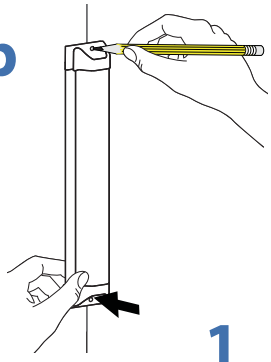


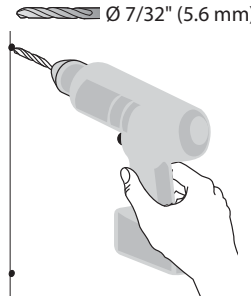
13 Organize and route CPU cables

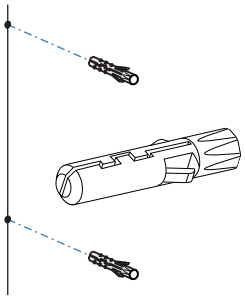
a



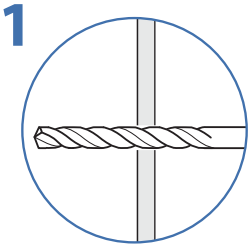
b



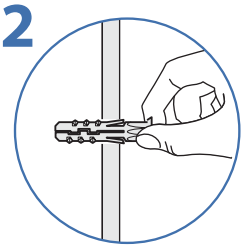




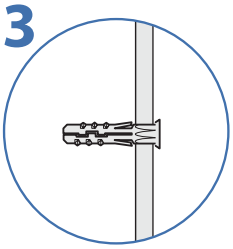
1



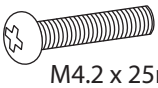
2

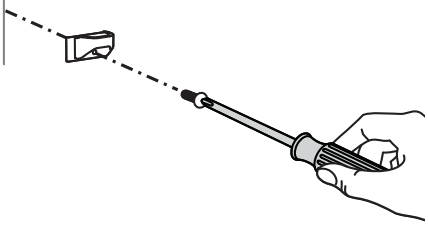


3



b

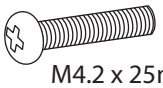


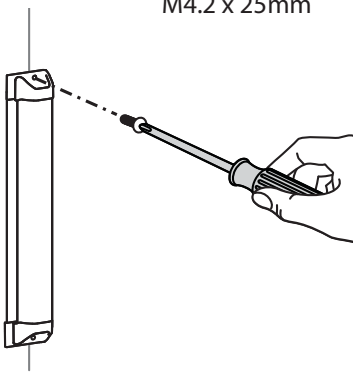


c

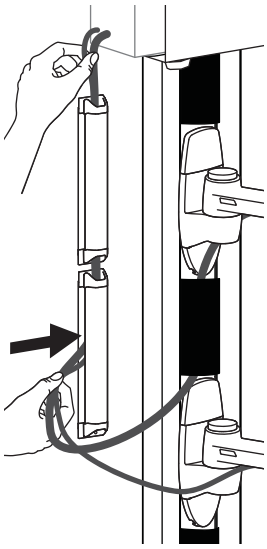
d

e



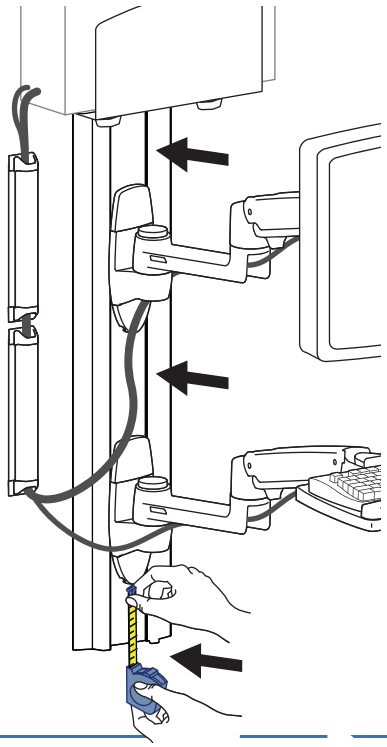


f

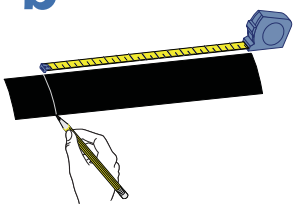


14

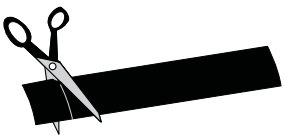
a



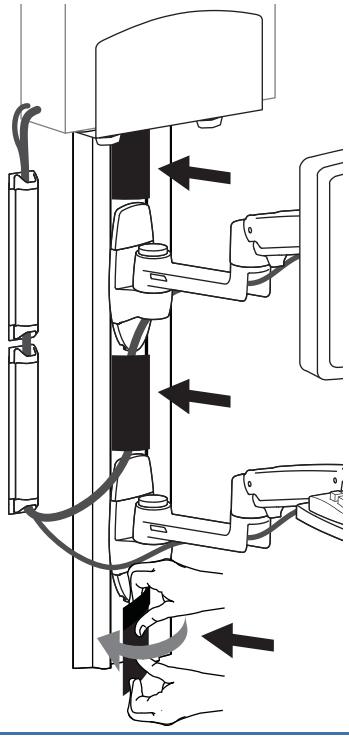
b



c

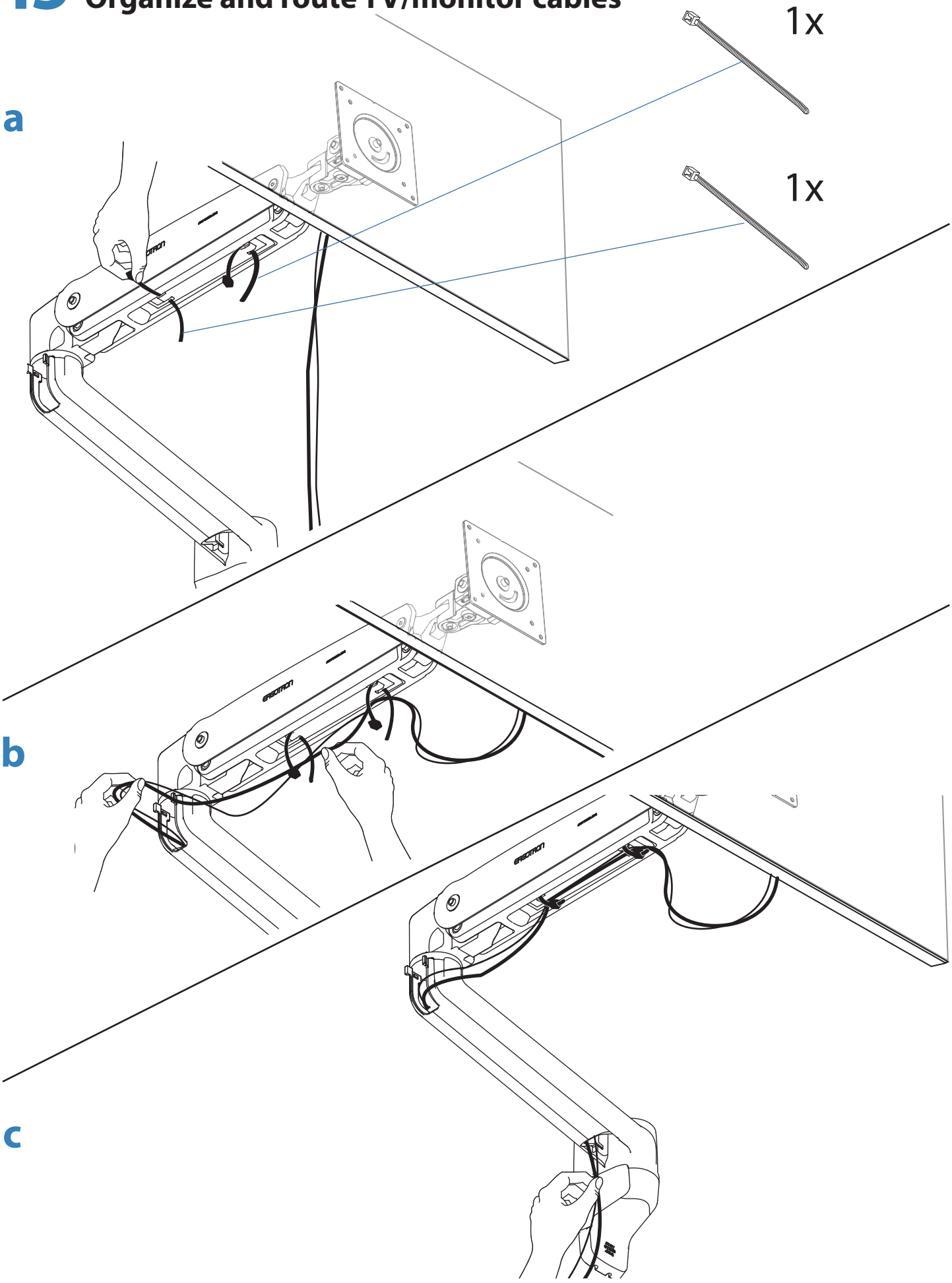


d

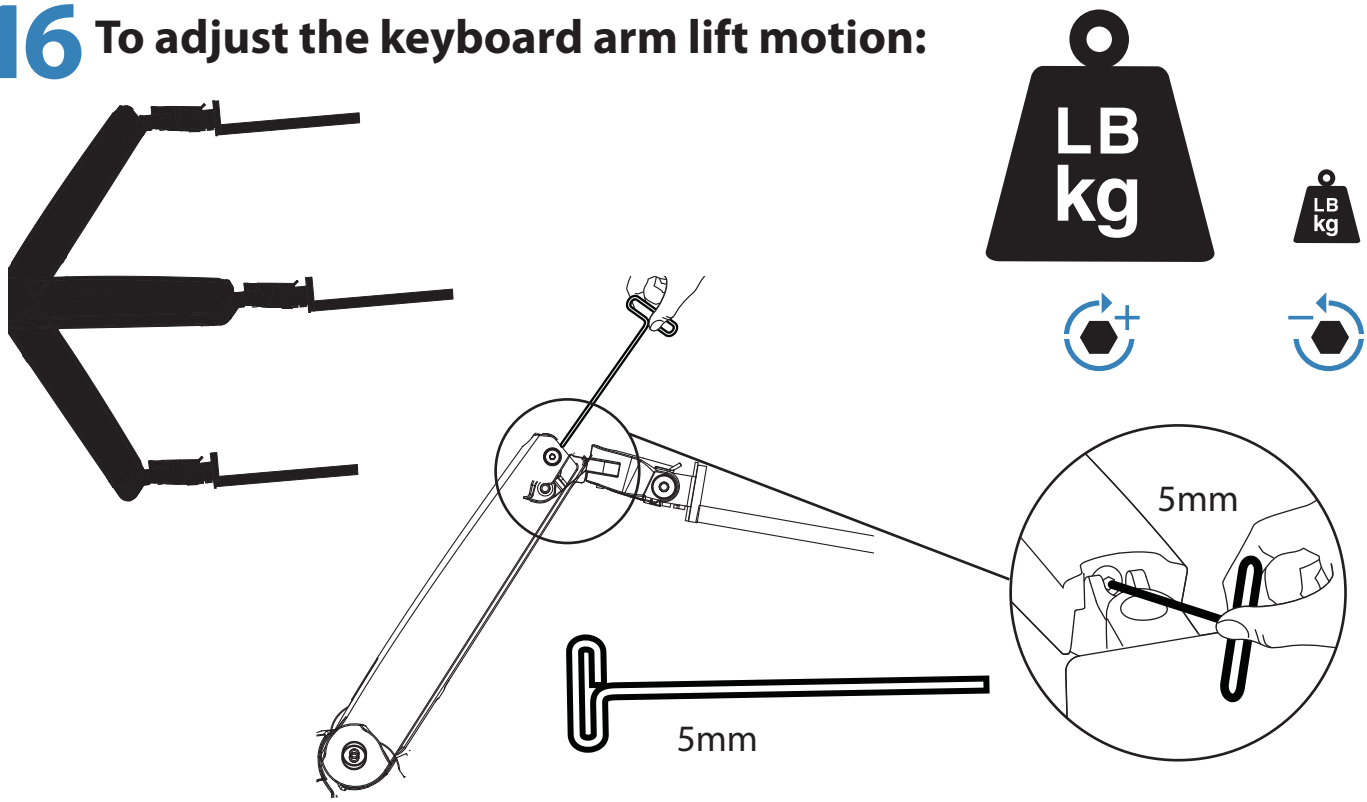


e

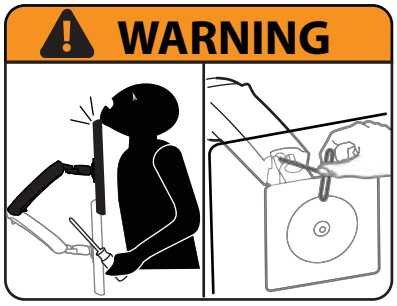
15 Organize and route TV/monitor cables

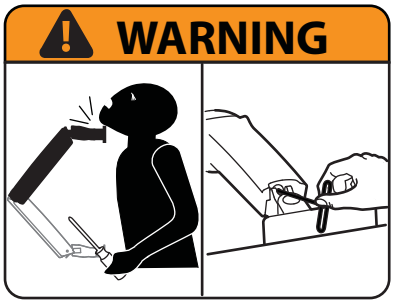


16 To adjust the keyboard arm lift motion:



CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.
Cuidado:: No sobreapriete los tornilllos, pues podría causar un daño al equipo.
Attention: ne forcez pas le serrage de la vis, cela pourrait endommager l'écran et/ou les attaches.
WARNUNG: Zu festes Anziehen der Schrauben kann zu Beschädigungen führen.
LET OP: draai de schroeven niet te strak aan. Te strak aandraaien kan schade veroorzaken aan uw apparatuur.
ATTENZIONE: Non stringere eccessivamente i dispositivi di fissaggio. Ciò potrebbe causare danni all'apparecchiatura.
注意: 調節ネジは締めすぎないようにしてください。強く締め付けすぎると、器具が破損する原因となります。
小心:不要过度拧紧固定器。过度拧紧可能会损坏设备。
주의: 고정 장치를 너무 세게 조이지 마십시오. 너무 세게 조이면 장비가 손상될 수 있습니다.





WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, DO NOT remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

ADVERTENCIA: Riesgo de energía almacenada: El mecanismo del brazo está bajo tensión y se moverá rápidamente hacia arriba, por sí mismo, tan pronto como se retire el equipo acoplado. Por ello, NO retire el equipo a menos que esté colocado en su posición más elevada. El incumplimiento de esta instrucción puede provocar lesiones personales graves y dañar el equipo.

AVERTISSEMENT! Risque d'énergie accumulée : Le mécanisme du bras est sous tension et se lèvera rapidement, tout seul, dès que le matériel est retiré. Pour cette raison, NE PAS retirer votre matériel à moins que le bras n'ait été mis à la position la plus élevée ! Risque de blessure corporelle et/ou d'endommagement du matériel en cas de non-respect de cette instruction !

WAARSCHUWING! Rischio da energia immagazzinata: il meccanismo del braccio è sotto tensione e si muove rapidamente da sé non appena si toglie l'apparecchiatura a cui è collegato. Per questo motivo, NON rimuovere l'apparecchio a meno che il braccio non sia stata portato sulla posizione più alta. La mancata osservanza di questa precauzione può causare infortuni gravi e/o danni all'apparecchiatura.

WARNUNG! Gefährdung durch gespeicherte Energie: Der Arm-Mechanismus der Arbeitsfläche steht unter Spannung und bewegt sich von allein und schnell nach oben, sobald das befestigte Gerät abgenommen wird. Entfernen Sie aus diesem Grund die Geräte nur, wenn sich der Arm auf der höchsten Position befindet! Eine Missachtung dieser Anweisung kann zu ernsthaften Verletzungen und/oder Beschädigungen am Gerät führen.

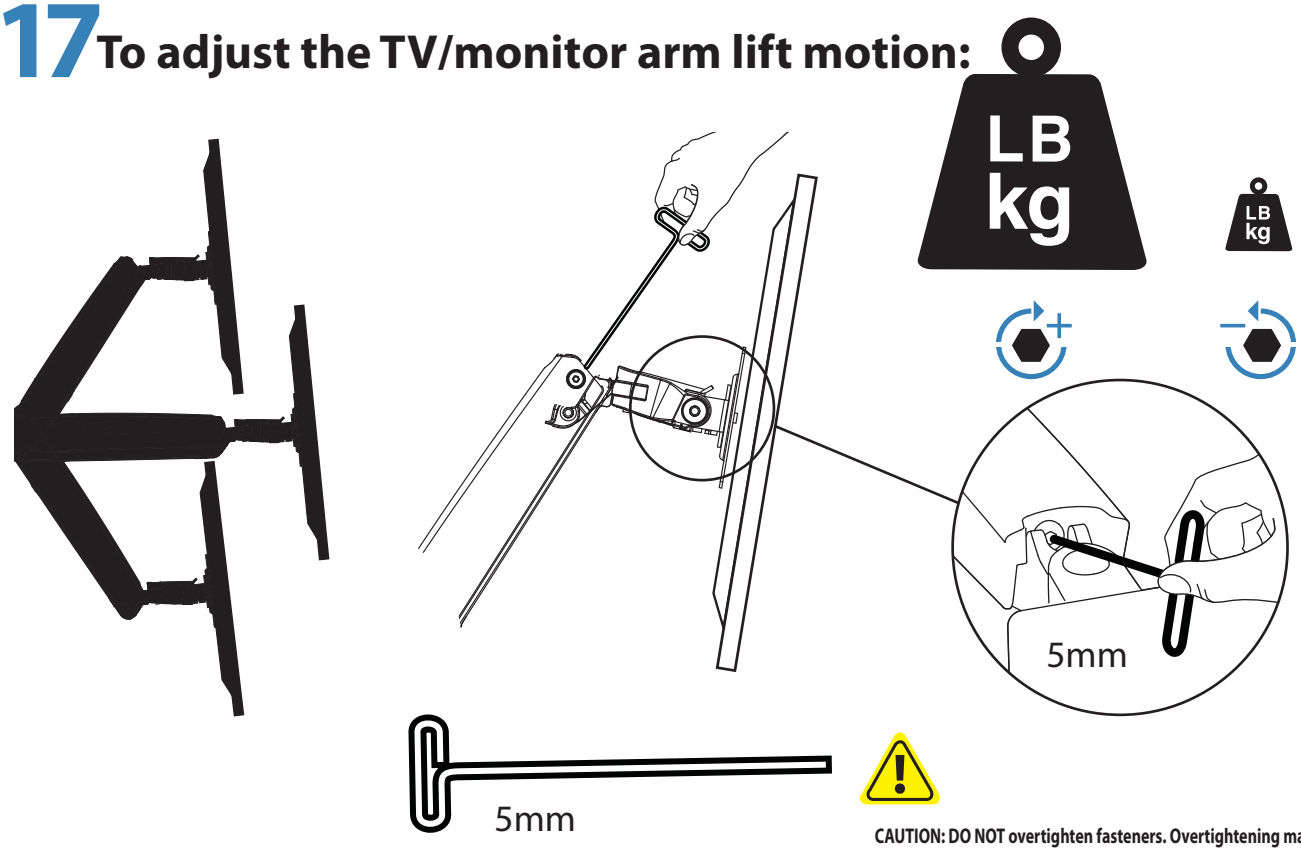
AVVERTENZA! Gevaar door opgeslagen energie: het hefmechanisme van het werkoppervlak staat onder spanning en verplaatst zich zelfstandig snel omhoog wanneer de bevestigde apparatuur wordt verwijderd. Verwijder apparatuur daarom ALLEEN nadat de arm in de hoogste stand is gezet! Als u deze instructie niet opvolgt, kan dit tot ernstig persoonlijk letsel en/of beschadiging van de apparatuur leiden!

警告: 蓄積エネルギーの危険: アームメカニズムには張力が作用しており、付属機器を取り外すと自動的に素早く上に跳ね上がります。 そのため、付属機器を取り外す前にアームは一番上の位置に移動してください。 この指示を無視すると、重大な人体への傷害や機器の損傷を招く恐れがあります。

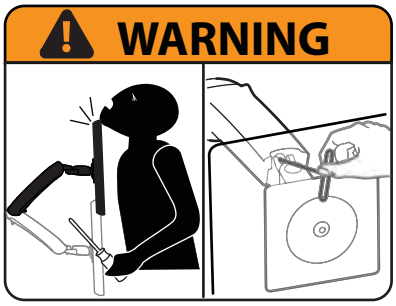
警告！ 储能危险： 支臂机构处于受力状态，在拆除所安装的设备后会自行快速上升。 因此，在将支臂移到最高位置之前，不要拆除设备！ 不遵守本规定可能导致严重的人身伤害和/或设备损坏！

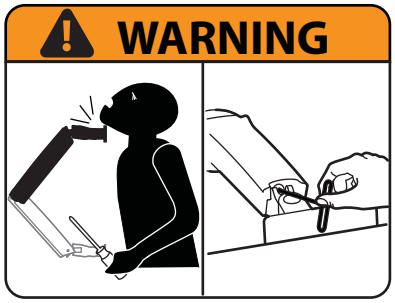
경고! 저장된 에너지 위험: 팔 메커니즘은 장력을 받으며 부착한 장비를 제거하면 곧바로 빠른 속도로 위로 튕겨 오릅니다. 따라서 팔이 가장 높은 위치로 이동해 있지 않은 상태로는 장비를 제거하지 마십시오! 이 지침을 따르지 않으면 심각한 부상을 입거나 장비가 손상될 수 있습니다!

17 To adjust the TV/monitor arm lift motion:



CAUTION: DO NOT overtighten fasteners. Overtightening may cause damage to your equipment.
Cuidado:: No sobreapriete los tornilllos, pues podría causar un daño al equipo.
Attention: ne forcez pas le serrage de la vis, cela pourrait endommager l'écran et/ou les attaches.
WARNUNG: Zu festes Anziehen der Schrauben kann zu Beschädigungen führen.
LET OP: draai de schroeven niet te strak aan. Te strak aandraaien kan schade veroorzaken aan uw apparatuur.
ATTENZIONE: Non stringere eccessivamente i dispositivi di fissaggio. Ciò potrebbe causare danni all'apparecchiatura.
注意: 調節ネジは締めすぎないようにしてください。強く締め付けすぎると、器具が破損する原因となります。
小心:不要过度拧紧固定器。过度拧紧可能会损坏设备。
주의: 고정 장치를 너무 세게 조이지 마십시오. 너무 세게 조이면 장비가 손상될 수 있습니다.





WARNING! Stored Energy Hazard: The arm mechanism is under tension and will move up rapidly, on its own, as soon as attached equipment is removed. For this reason, DO NOT remove equipment unless the arm has been moved to the highest position! Failure to follow this instruction may result in serious personal injury and/or equipment damage!

ADVERTENCIA: Riesgo de energía almacenada: El mecanismo del brazo está bajo tensión y se moverá rápidamente hacia arriba, por sí mismo, tan pronto como se retire el equipo acoplado. Por ello, NO retire el equipo a menos que esté colocado en su posición más elevada. El incumplimiento de esta instrucción puede provocar lesiones personales graves y dañar el equipo.

AVERTISSEMENT! Risque d'énergie accumulée : Le mécanisme du bras est sous tension et se lèvera rapidement, tout seul, dès que le matériel est retiré. Pour cette raison, NE PAS retirer votre matériel à moins que le bras n'ait été mis à la position la plus élevée ! Risque de blessure corporelle et/ou d'endommagement du matériel en cas de non-respect de cette instruction !

WAARSCHUWING! Rischio da energia immagazzinata: il meccanismo del braccio è sotto tensione e si muove rapidamente da sé non appena si toglie l'apparecchiatura a cui è collegato. Per questo motivo, NON rimuovere l'apparecchio a meno che il braccio non sia stata portato sulla posizione più alta. La mancata osservanza di questa precauzione può causare infortuni gravi e/o danni all'apparecchiatura.

WARNUNG! Gefährdung durch gespeicherte Energie: Der Arm-Mechanismus der Arbeitsfläche steht unter Spannung und bewegt sich von allein und schnell nach oben, sobald das befestigte Gerät abgenommen wird. Entfernen Sie aus diesem Grund die Geräte nur, wenn sich der Arm auf der höchsten Position befindet! Eine Missachtung dieser Anweisung kann zu ernsthaften Verletzungen und/oder Beschädigungen am Gerät führen.

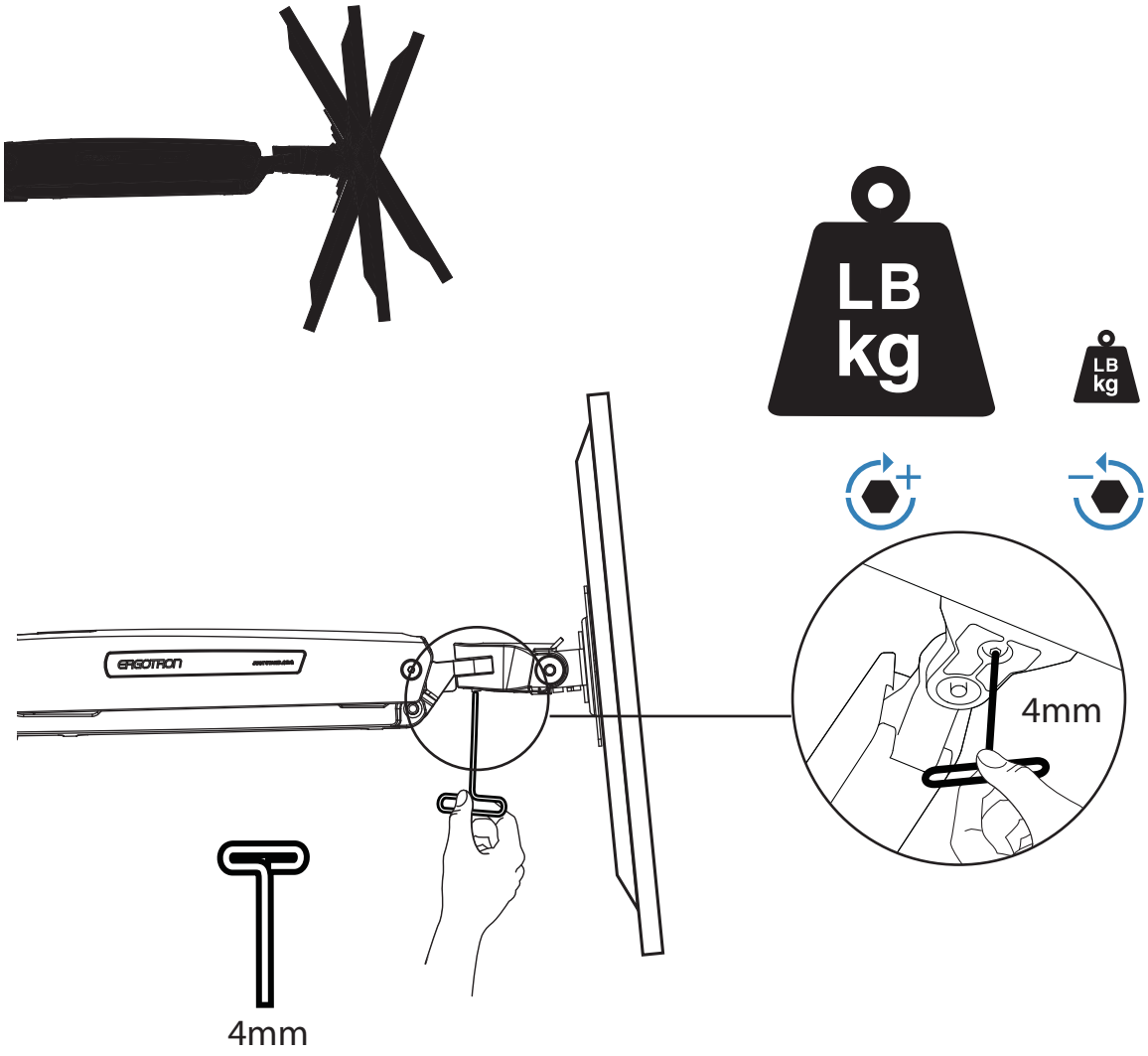
AVVERTENZA! Gevaar door opgeslagen energie: het hefmechanisme van het werkoppervlak staat onder spanning en verplaatst zich zelfstandig snel omhoog wanneer de bevestigde apparatuur wordt verwijderd. Verwijder apparatuur daarom ALLEEN nadat de arm in de hoogste stand is gezet! Als u deze instructie niet opvolgt, kan dit tot ernstig persoonlijk letsel en/of beschadiging van de apparatuur leiden!

警告: 蓄積エネルギーの危険: アームメカニズムには張力が作用しており、付属機器を取り外すと自動的に素早く上に跳ね上がります。 そのため、付属機器を取り外す前にアームは一番上の位置に移動してください。 この指示を無視すると、重大な人体への傷害や機器の損傷を招く恐れがあります。

警告！ 储能危险： 支臂机构处于受力状态，在拆除所安装的设备后会自行快速上升。 因此，在将支臂移到最高位置之前，不要拆除设备！ 不遵守本规定可能导致严重的人身伤害和/或设备损坏！

경고! 저장된 에너지 위험: 팔 메커니즘은 장력을 받으며 부착한 장비를 제거하면 곧바로 빠른 속도로 위로 튕겨 오릅니다. 따라서 팔이 가장 높은 위치로 이동해 있지 않은 상태로는 장비를 제거하지 마십시오! 이 지침을 따르지 않으면 심각한 부상을 입거나 장비가 손상될 수 있습니다!

18 To adjust the TV/monitor tilt motion:

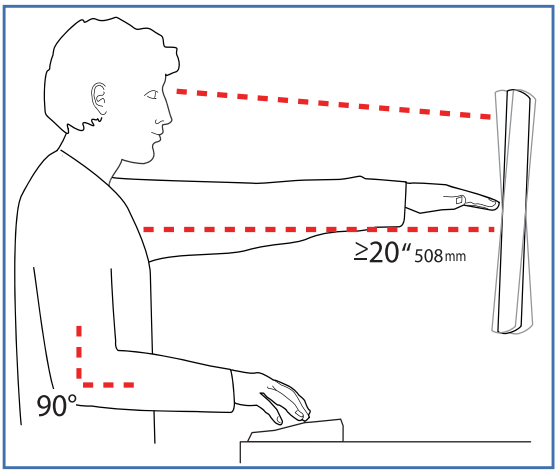


CAUTION: DO NOT remove screw. Removing screw may cause damage to equipment.
Cuidado: NO quite el tornillo! Quitar el tornillo puude causar daños en el equipamiento.
Attention : N'ENLEVEZ PAS la vis ! Enlever la vis pourrait endommager votre équipement.
ACHTUNG: Bitte entfernen Sie unter keinen Umständen die Stellschraube. Das Entfernen dieser Stellschraube führt zu Beschädigungen an Schwenkarm und Monitor.

LET OP: verwijder GEEN schroeven! Het verwijderen van schroeven kan schade aan de apparatuur veroorzaken.
ATTENZIONE: NON rimuovere le viti! Ciò potrebbe causare danno all'apparecchiatura.
注意:ネジは取り外さないようにしてください。ネジを取り外すと、器具が破損する原因となります。
小心:不要拆除螺丝。拆除螺丝可能会损坏设备。
주의: 나사를 제거하지 마십시오. 나사를 제거하면 장비가 손상될 수 있습니다.

19

Set Your Workstation to Work For YOU!
Configure su estación de trabajo para que trabaje para USTED.
Ajustez votre station de travail en fonction de VOS besoins !
Richten Sie Ihren Arbeitsplatz so ein, dass er für SIE arbeitet!
Stel uw werkstation zo in dat het voor U werkt!
Approntare la stazione di lavoro nella posizione ergonomica ottimale.
一人ひとりにピッタリのワークステーション!
按照您自身的需要设置工作站!



Learn more about ergonomic computer use at:
Más información sobre el uso ergonómico de ordenadores:
Apprenez-en plus sur l'utilisation ergonomique d'un ordinateur sur :
Weitere Informationen zur ergonomischen Computernutzung finden Sie unter:
Leer meer over ergonomisch computergebruik op:
Per ulteriori informazioni sull'uso ergonomico del computer:
人間工学的なコンピュータの使用法については次のサイトを参照してください
想进一步了解以符合人体工程学的方式使用计算机的知识，请访问：

www.computingcomfort.org

Height Position top of screen slightly below eye level.
Position keyboard at about elbow height with wrists flat.
Distance Position screen an arm's length from face—at least 20" (508mm).
Position keyboard close enough to create a 90˚ angle in elbow.
Angle Tilt screen to eliminate glare.
Tilt the keyboard back 10° so that your wrists remain flat.

To Reduce Fatigue
Breathe - Breathe deeply through your nose.
Blink - Blink often to avoid dry eyes.
Break • 2 to 3 minutes every 20 minutes
• 15 to 20 minutes every 2 hours.

Altura Coloque el borde superior de la pantalla ligeramente por debajo de la altura de sus ojos.
Coloque el teclado aproximadamente a la altura de los codos con las muñecas planas.
Distancia Coloque la pantalla a una distancia de un brazo desde la cara, esto es, unos 50 cm (20 pulgadas).
Coloque el teclado lo suficientemente cerca para que el codo forme un ángulo de 90º.
Ángulo Incline la pantalla para eliminar los reflejos.
Incline el teclado 10º hacia atrás para que las muñecas sigan en posición plana.

Para reducir la fatiga
Respirar - Respire hondo por la nariz.
Parpadear - Parpadee a menudo para que no se sequen los ojos.
Descansar • 2 o 3 minutos cada 20 minutos
• 15 o 20 minutos cada 2 horas.

Hauteur Positionnez l'écran du haut légèrement en dessous du niveau du regard.
Positionnez le clavier à peu près à la même hauteur que vos coudes, pour que vos poignets soient à plat.
Distance Positionnez l'écran à un bras de distance de votre visage, à au moins 508 mm (20 pouces).
Positionnez le clavier assez près pour que vos coudes forment un angle de 90°.
Angle Inclinez l'écran pour ne pas être ébloui.
Inclinez le clavier vers l'arrière de 10° pour que vos poignets soient à plat.

Pour réduire la fatigue
Respirez - Respirez profondément par votre nez.
Clignez des yeux - Clignez souvent des yeux pour ne pas avoir les yeux secs.
Faites des pauses • 2 à 3 minutes toutes les 20 minutes
• 15 à 20 minutes toutes les 2 heures.

Höhe Positionieren Sie die obere Kante des Bildschirms knapp unter Augenhöhe.
Positionieren Sie die Tastatur bei flach aufgelegten Handgelenken auf Ellenbogenhöhe.
Abstand Positionieren Sie den Bildschirm mindestens eine Armlänge (50 cm) von Ihrem Gesicht entfernt.
Positionieren Sie die Tastatur nahe genug, um einen Ellenbogenwinkel von 90 ˚ zu ermöglichen.
Winkel Neigen Sie den Bildschirm so, dass ein Spiegeleffekt vermieden wird.
Neigen Sei die Tastatur um 10 ° nach hinten, sodass Ihre Handgelenke flach aufliegen.

Vermeiden von Ermüdungserscheinungen
Atmen - Atmen Sie tief durch die Nase ein und aus.
Blinzeln - Blinzeln Sie so oft wie möglich, um trockene Augen zu vermeiden.
Pausen • Machen Sie alle 20 Minuten eine Pause von 2-3 Minuten
• Machen Sie alle 2 Stunden eine Pause von 15-20 Minuten.

Hoogte Zet de bovenkant van het scherm iets boven ooghoogte.
Plaats het toetsenbord op ongeveer ellebooghoogte met de polsen plat.
Afstand Plaats het scherm op een armlengte van uw gezicht — op ten minste 508 mm (20 in).
Zet uw toetsenbord zo dichtbij dat u een hoek van 90° in de ellebogen hebt.
Hoek Kantel het scherm om weerspiegeling te elimineren.
Kantel het toetsenbord 10° naar achteren, zodat uw polsen plat blijven liggen.

Om vermoeidheid te verminderen
Ademen - Adem diep door uw neus in en uit.
Knipperen - Knipper regelmatig om droge ogen te vermijden.
Pauzes nemen • 2 tot 3 minuten elke 20 minuten
• 15 tot 20 minuten elke 2 uur.

Altezza Posizionare la parte superiore dello schermo leggermente sotto il livello degli occhi.
Posizionare la tastiera circa all'altezza dei gomiti, in modo che i polsi siano piatti.
Distanza Posizionare lo schermo a un braccio di distanza dal viso, almeno a 20" (508 mm) di distanza.
Posizionare la tastiera affinché sia abbastanza vicina da costringere i gomiti a un angolo di 90˚.
Angolazione Inclinare lo schermo in modo da eliminare i riflessi.
Inclinare la tastiera indietro di 10° in modo che i polsi rimangano piatti.

Per ridurre l'affaticamento
Respirazione - Respirare profondamente dal naso.
Battito delle palpebre - Battere spesso le palpebre per evitare che gli occhi si asciughino.
Pause • Fare una pausa di 2 - 3 minuti ogni 20 minuti
• Fare una pausa di 15 - 20 minuti ogni 2 ore.

高さ スクリーンの上端が目よりわずかに下に来るようにします。
キーボードが、手首を水平に伸ばした状態でひじとほぼ同じ高さに来るようにします。
距離 スクリーンを顔から腕の長さ分（少なくとも508mm）離します。
ひじが直角になる位置にキーボードを置きます。
角度 反射光をなくすようにスクリーンの角度を調整します。
キーボードを後方に 10° 傾けて、手首が水平になるようにします。

疲れを軽減する方法
呼吸 - 鼻から深く呼吸します。
まばたき - 目の乾燥を防ぐために頻繁にまばたきしてください。
休憩 • 20分ごとに2～3分
• 2時間ごとに15～20分

高度 屏幕顶端的位置要稍低于视线高度。
将键盘放置在大约肘部的高度并且手腕要能放平。
距离 将屏幕摆放在距离面部一臂长的位置——至少 508mm（20”）。
键盘的位置要够近，以使肘部形成直角。
角度 倾斜屏幕以消除眩光。
将键盘向后倾斜 10 度，使手腕能保持放平。

为了减轻疲劳
呼吸 – 通过鼻子深呼吸。
眨眼 – 经常眨眼可避免眼睛干涩。
休息 • 每隔 20 分钟休息 2 至 3 分钟
• 每隔 2 小时休息 15 至 20 分钟.

© 2012 Ergotron, Inc.
All rights reserved.

While Ergotron, Inc. makes every effort to provide accurate and complete information on the installation and use of its products, it will not be held liable for any editorial errors or omissions (including those made in the process of translation from English to another language), or for incidental, special or consequential damages of any nature resulting from furnishing this instruction and performance of equipment in connection with this instruction. Ergotron, Inc. reserves the right to make changes in the product design and/or product documentation without notification to its users. For the most current product information, or to know if this document is available in languages other than those herein, please contact Ergotron. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior written consent of Ergotron, Inc.,1181 Trapp Road, Eagan, Minnesota, 55121, USA Patents Pending and Patented U.S. & Foreign. Ergotron is a registered trademark of Ergotron, Inc.

Americas Sales and Corporate Headquarters
St. Paul, MN USA
(800) 888-8458
+1-651-681-7600
www.ergotron.com
sales@ergotron.com

EMEA Sales
Amersfoort, The Netherlands
+31 33 45 45 600
www.ergotron.com
info.eu@ergotron.com

APAC Sales
Tokyo, Japan
www.ergotron.com
apaccustomerservice@ergotron.com

Worldwide OEM Sales
www.ergotron.com
info.oem@ergotron.com